

Blood Glucose Monitoring (BGM)

What is Blood Glucose Monitoring?

- Checking a drop of your blood in a blood glucose meter to see how much sugar is in it.



Why do I check my blood sugar?

- The more you check your blood glucose (sugar), the more you know how food, exercise, and medicine affect it.
- You will know when your blood sugar is too high or low and can treat the problem right away.
Rely on your numbers, not how you feel.
- Your health care team will use your **results** to **help you better control your diabetes.**

What number should my blood sugar be?

- **Talk with your doctor** to see if these **“target” numbers** are right for you and how high or low your sugar should be before you call him or her.

Target Blood Sugar Ranges	
Fasting (before eating meals)	80-120
2 hours after meals	Less than 140
Bedtime	100-140

How often do I check my blood sugar?

We advise checking blood glucose at least **twice a day in pairs**. That means before a meal and then two hours after the same meal, or before bed and then the next morning. It's a good idea to check your blood sugar a couple times a day, such as:



- before meals
- 2 hours after meals
- bedtime
- when you are sick
- before and after exercise



- when you think your blood sugar is too high or low



Sample Blood Glucose Monitoring Schedule:

- Day 1** Before Supper and 2 hours after Supper
- Day 2** Bedtime and Fasting next Morning
- Day 3** Fasting and 2 hours after Breakfast
- Day 4** Before Lunch and 2 hours after Lunch
- Day 5** Start over with Day 1

- Once your blood sugar numbers are in the target range, you may not need to check as often. Change your schedule and check two times a day, two or three days a week.
- If your blood sugar numbers change for any reason, check more often.
- **Write your numbers down in a logbook** and explain any high or low numbers.
- Take your logbook with you when you see your doctor.



Please call 1-800-SENTARA (736-8272) to sign up for the “Healthy Living with Diabetes” classes.