Health Together

NUHS National University Health System

◈ **DIABETES**

MONITOR YOUR BLOOD SUGAR LEVELS

Blood Sugar Levels: Why It Matters

Regularly monitoring your blood sugar levels can help you to:

- Confirm your blood sugar level, if you experience symptoms of high or low blood sugar
- Understand how your body responds to food, medications, physical activity and stress
- Modify your diet and exercise routine to achieve your blood sugar level goals
- Allow your healthcare team to create targeted treatment plans based on your blood glucose readings

Prick and Check

An easy way to monitor blood sugar at home is with a finger-prick test.

Items required:

1. A blood glucose meter
2. Glucose test-strips
3. Finger prick device (lancing device)

How to perform a finger-prick sugar test?

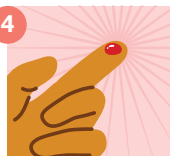1. Wash hands with soap and water, and dry thoroughly
2. Insert the test strip into the meter
3. Gently massage your fingertip and prick the side of your fingers with the lancing device
4. Squeeze out a drop of blood. Ensure the drop is sufficient
5. Place a drop of blood on the edge of the test strip
6. Keep a record of your blood sugar reading

Monitoring Frequency

Monitoring frequency depends on individual factors and treatment goals. Talk to your healthcare team to help you develop a personalised monitoring plan.

Additionally, you should check your blood sugar level:

- When you experience symptoms of low or high blood sugar
- Before, during, and after exercising
  *especially if you're prone to low blood sugar
- When you are unwell

Blood Sugar Level Targets

Everyone's targets differ depending on your age, lifestyle and health goals.

As a guideline, your blood sugar level should fall within 4.0–7.0 mmol/L before meals and 4.0–10.0 mmol/L two hours after meals.

Blood sugar	Before food	2 hours after food
Too High Risk of hyperglycaemia	>7.0 mmol/L	>10.0 mmol/L
Optimal	4.0 to 7.0 mmol/L	4.0 to 10.0 mmol/L
Too Low Hypoglycaemia	<4.0 mmol/L	<4.0 mmol/L

*Your targets may vary depending on your condition; discuss this with your doctor or care team.