

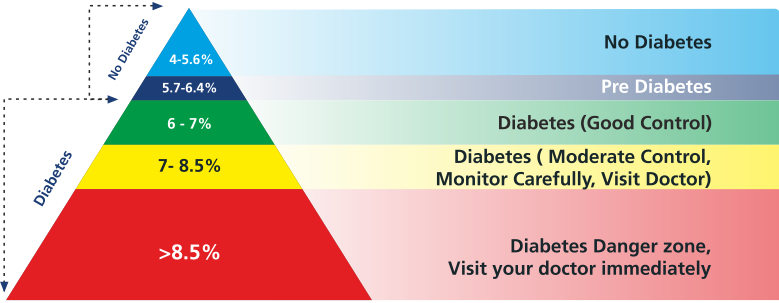
Monitoring



- Monitor your blood glucose levels regularly as advised by your doctor.
- Wash and dry your hands before testing blood glucose levels.
- Know your target range of blood glucose levels before and after meals and action needed if it is not in range.
- Check coding and expiry date of strips
- Record your blood glucose values and correlate glucose value with HbA_{1c}



- STOP testing or lie about tests on any occasion.
- Squeeze your fingertip vigorously after pricking to have big drop of blood.
- Expose unused strips to moisture and extreme temperatures.
- Rely on a single reading for insulin dose adjustment.
- Interpret blood glucose reading without knowledge of time of test, previous meal and dose of insulin



Average blood glucose (mg/dL)	68	82	97	111	126	137	140	154	169	183	197	212	226	240	255	269	283	298	312	326
HbA _{1c}	4.0	4.5	5.0	5.5	6	6.4	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13

Key facts

Blood glucose readings are not “good” or “bad.” Instead, they are “high” or “low.” This is more accurate and less judgmental

Monitoring is an integral part of diabetes treatment, as this can help you tell whether your insulin, diet and exercise plan are working or not

1. HbA_{1c} calculations using the formula: $28.7 \times A1C - 46.7 = eAG$ taken from <http://professional.diabetes.org/glucosecalculator.aspx>, * 2011 ADA guidelines.
 *<https://www.aace.com/files/dccwhitepaper.pdf> **DCCT/ UKPDS/ Kumamoto' - Accessed on 13 oct 16