



Managing Diabetes: Testing Your Blood Sugar

Keeping your blood sugar at or near normal levels helps prevent diabetes complications, such as problems with your eyes, kidneys, or feet.

Checking your blood sugar:



- Gives you more flexibility in deciding what to eat and how much exercise you need.
- Lets you know what's working if you've made lifestyle changes.
- Helps you know when it's time to call your doctor.
- Gives your diabetes care team important information to make changes to your treatment.
- Helps you know when to adjust the amount of insulin you need to control your diabetes, if you use insulin.

Talk with your doctor or diabetes care team to learn how to adjust your insulin dose.

Testing tells you how your blood sugar level is affected by your medications, physical activity, stress, illness, and what, how much, and when you eat.

► What are blood sugar goals?

A hemoglobin A1C blood test measures how close to target your blood sugar has been over time. The table below shows goals for most people. Check with your doctor or care team about which goals are best for you.

Goal for A1C	A1C < 7%	A1C < 8%
Pre-meal blood sugars	80–130 mg/dL	100–140 mg/dL
2 hours after a meal	Less than 180 mg/dL	Less than 200 mg/dL
Bedtime blood sugars	100–160 mg/dL	100–200 mg/dL

► How do I check my blood sugar?

1. **Review** the instructions that came with your meter.
2. **Gather** all the supplies you need before you test, including meter, test strips, and logbook.
3. **Wash** your hands with warm water and soap before testing.
4. **Prick** the side (not the pad) of your fingertip with a lancing device or “penlet.”
5. **Apply** blood to the test strip according to your meter directions.
6. **Record** your numbers.

It's important to know what to do when your blood sugar is either higher or lower than the numbers in the table. You can talk to your doctor and take one of our diabetes classes to learn more.

► What is remote glucose monitoring (RGM)?

With RGM, you don't have to write down your blood sugar results. They're automatically recorded and sent to your medical record so your care team can easily view and track your numbers. Your doctor can order you a meter and you'll download our KP Health Ally app.

If you aren't signed up yet, contact your diabetes specialist to enroll you in the RGM program.

► When should I test?

Not everyone needs to test their blood sugar the same number of times each day. Ask your doctor or care team what amount of testing is best for you and at what times of the day you should test.

Here are some general guidelines about how often to test.

Test more frequently when you:

- Get sick or have an infection.
- Change diabetes medications or increase the dose of your medications as prescribed by your doctor.
- Are trying to get pregnant, or you're already pregnant.
- Don't have good control of your diabetes.

► How do I stay safe and comfortable when testing?

Some people feel pain or have a hard time getting enough blood when pricking their fingers. To help with this, follow these tips:

- Prick a different spot or finger each time to reduce redness and soreness in your fingertips.
- Shake your hand up and down or run warm water over your hand before you prick your finger to improve blood flow.
- Ask your doctor or care team about other lancet (pricking) options.
- Don't share your lancing device with others.
- Don't reuse lancets.

► More tips for testing your own blood sugar

- Call the number on the back of your meter, if you have problems using it.
- Keep test strips in their airtight bottle. This gives you the most accurate results.
- Don't use strips after the expiration date shown on the bottle.

We're here to help

Learn more about managing your diabetes at:

- **Living Well With Diabetes:** kpdoc.org/diabetes



- **Get Started With Remote Glucose Monitoring (RGM):** kpdoc.org/rgmstart



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