

## Tracking Blood Glucose

### HOW DO I MAKE THE BEST USE OF MY METER RESULTS?

Be sure to bring your blood glucose meter when seeing your doctor. This will allow them to review your readings and talk about any outside your targets. It's often helpful for your doctor to also have notes about unusual readings to understand what may have caused them. These notes can be taken using a paper logbook or a tracking program on your computer.

Make notes about:

- medications
- physical activity
- illness
- low blood glucose
- stress
- other factors that are affecting your blood glucose

Talk to your doctor about your readings and whether any changes are needed to reach your goals.

### HOW CAN RESULTS HELP WITH MY DIABETES CARE?

Your results tell you how well your diabetes care plan is working. You'll be able to look at your readings and see patterns—similar results over and over. Looking at these patterns can help you and your health care team fine-tune your diabetes care plan.

Example: Almost every weekday, David's fasting blood glucose is between 90 and 110. But on weekends when he sleeps late, his fasting level is above his target. He decides to talk with his health care team about changing his insulin routine on weekends.

If most of your results are within your target range, your diabetes care plan is working well. But if your numbers are out of your target range at the same time of day for several days in a row, you may need a change in your meal plan, activity routine, or medication.

Your health care team can work with you in deciding how and when to make changes.

#### Look at your results and ask yourself these questions:

1. Has my blood glucose been too low several times this week? What are the possible reasons?
2. Has my blood glucose been too high several times this week? What are the possible reasons?
3. Has my blood glucose been out of my target range at the same time of day for 3 days in a row? What are the possible reasons?

Example: Miguel has been on vacation this week. His blood glucose has been between 210 and 230 almost every day before dinner. Usually, his blood glucose before dinner is about 150. He realizes that he hasn't been as active as usual. To help keep his blood glucose on target, Miguel decides to take a walk each afternoon.

\*Paper blood glucose log books can be found on [ShopDiabetes.org](http://ShopDiabetes.org) as "Diabetes Checking Accounts"

\*Diabetes 24/7 is an online tracking tool that can be found at [247.diabetes.org](http://247.diabetes.org)

For more information visit [diabetes.org](http://diabetes.org) or call 1-800-DIABETES