



# Testing Your Blood Sugar

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### Why should I test my blood sugar?

- To know if your blood sugar is too high or too low.
- So your doctor will be able to help control your diabetes. Bring your logbook or meter to every appointment.

### When to test your blood sugar:

- **If you are not on insulin:** Test blood sugar before and two hours after the start of a meal. You should alternate testing between meals. *Example: Test blood sugar before and two hours after the first bite of breakfast on Monday, before and two hours after the first bite of lunch on Tuesday, before and two hours after the first bite of dinner on Wednesday, etc.*
- **If you are on insulin:** Test blood sugar before each meal and at bedtime.

Your individualized testing schedule: \_\_\_\_\_

## NOT ON INSULIN

	BREAKFAST		LUNCH		DINNER		BEDTIME
	Before	After	Before	After	Before	After	
Day 1	○	○					
Day 2			○	○			
Day 3					○	○	

## ON INSULIN

	BREAKFAST		LUNCH		DINNER		BEDTIME
	Before	After	Before	After	Before	After	
Day 1	○		○		○		○
Day 2							
Day 3							