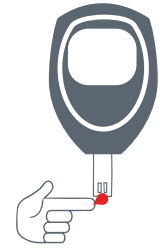


Measuring Your Blood Sugar

Checking the amount of sugar in your blood can be important when you have diabetes to help you stay healthy. Measuring your blood sugar can help you understand how medicine, food, and exercise can change your blood sugar. It also lets you know if your blood sugar is too high or too low.

Ask your healthcare provider how often and what time of day you should check your blood sugar.



You may need to check your blood sugar when:



Taking diabetes pills or insulin



Pregnant



Traveling



Sick



Changing normal eating habits



On new medicines



Starting a new type of exercise

A blood glucose (sugar) meter is a machine that measures your blood sugar.

Your doctor or pharmacist can help decide which meter is best for you based on the cost of the machine and supplies (batteries, test strips, needles), your insurance, and how easy it is to read and program the meter.

Some meters have special coding or a computer chip that must be changed with every new bottle of test strips. Some meters have a “control” substance to check if the machine is working properly.



Refer to your blood glucose meter's Instructions for Use for specific details.

To use your glucose meter:



1. Wash and dry your hands



2. Put a test strip in your meter



3. Prick your fingertip with a needle (lancet)



4. Gently squeeze a small drop of blood out of your finger

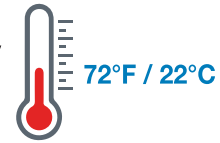


5. Hold edge of the test strip to the drop of blood (your machine might “beep” when there is enough blood)



6. Your blood sugar result will show up on the meter

To make sure the blood sugar results are correct, clean your meter regularly and make sure to keep your meter and test strips at room temperature.



- ◆ Do not use old or outdated test strips and only use test strips designed for your meter.
- ◆ Use the right amount of blood (not too much or too little).



Your doctor or other healthcare provider can help you understand how to use your meter.

Some people who take insulin for their diabetes may need to use a **continuous glucose monitor**. These monitors check your blood sugar every few minutes using a sensor placed under the skin.

Some monitors require you to prick your finger a few times a day to make sure the machine is working, while others do not require finger pricks.¹



		Valores de			
		Lunch/ Almuerzo		Dinner/ Cena	
		Before/ Antes	After/ Después	Before/ Antes	After/ Después
DATE	TIME	106	129	156	160
DATE	TIME	100	165	165	311
DATE	TIME	100		176	320
DATE	TIME	99	147	147	329
DATE	TIME	111	165	156	234

Write down your results every time you check your blood sugar. You can use a log book that came with your glucose meter or a special notebook.

Some meters can store blood sugar results so that you do not have to write them down.

It is very important for you to keep your scheduled medical appointments.

Bring your glucose meter and a record of your results (stored on the glucose meter or written in a notebook/log book) to all your medical appointments.



1. American Diabetes Association. Standards of medical care in diabetes – 2019. Diabetes Care. 2019; Vol. 42 (Suppl. 1): S73-S75