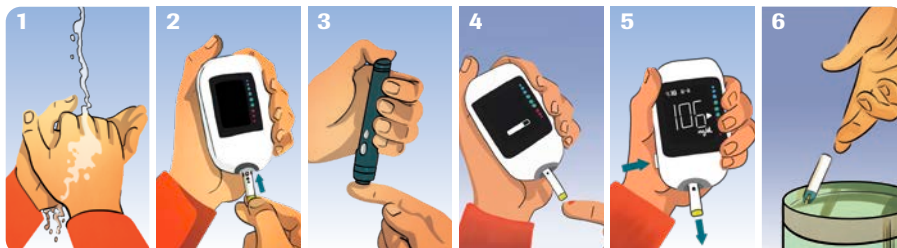


7 - Monitoring blood glucose at home

Home self-monitoring of blood glucose is a therapeutic measure and therefore requires an education programme that teaches how to interpret blood glucose values in order to adjust therapy and/or lifestyle accordingly.

6 steps for monitoring diabetes using a glucose monitor



People with diabetes can easily monitor their blood glucose values. The target values are:

Under fasting conditions: _____ to _____ mg/dl
2 hours after meals: _____ to _____ mg/dl

A glucose meter, reactive strips and a fingerstick are required for self-monitoring.

1. First, wash and dry your hands thoroughly.
2. Place the reactive strip in the glucose meter and follow the instructions on the display.
3. Prepare the fingerstick and prick the side of one of your fingertips.
4. Rest the reactive strip perpendicularly on the drop of blood.
5. Wait for the result and record it in your diary.
6. Dispose of the reactive strip using an appropriate bin (where necessary).

The frequency of blood glucose self-monitoring



The frequency with which you should self-monitor your blood glucose at home is prescribed by your Diabetes Team depending on the type of diabetes you have and the therapy used: the aim is to obtain the information required to manage your diabetes properly. Blood glucose should be monitored more frequently in case of fever, fasting, nausea, vomiting and exercise, because hypos can occur under these conditions.



People who take insulin need to check their blood glucose in the morning on an empty stomach and before each meal, in order to adjust the dose of insulin to the blood glucose values and after meals to check whether the doses of insulin administered were appropriate, in accordance with their doctor's instructions.



Even people who do not take insulin should check their blood glucose regularly under fasting conditions and before and after meals, to make sure that the target blood glucose values established with their doctor are maintained.