



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

Checking your own blood sugar puts you in charge of your diabetes by giving you important information that you can track over time.

Testing tells you how different things affect your blood sugar level, such as:



what, how much & when you eat



physical activity



your medications



stress or illness

Checking your blood sugar gives you more flexibility in making decisions about what to eat and how much exercise you need. If you have made changes to your habits, it also tells you what worked or didn't work and lets you know when it's time to call your doctor. Your doctor or other health care professional can also use this important information to make needed changes in your treatment.

If you use insulin, testing can help you learn when to adjust the amount of insulin you need for optimal control of your diabetes. Talk with your doctor or other health care professional to learn how to make adjustments to your insulin dose.

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How do I check my blood sugar?

1. Review the *LifeScan OneTouch® Blood Glucose Monitoring System Owner's Booklet* and/or DVD for your meter.
2. Gather together all the supplies you need before you test: meter, test strips, logbook, etc.
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. Write down the blood sugar numbers in your logbook.

Goal for blood sugar levels:

Before meals	70 to 130
At bedtime	100 to 140

Your blood sugar goals may be different from these ideal goals. Ask your doctor or other health care professional what blood sugar goals are best for you. It is very important to know what actions to take when your blood sugar number is either higher or lower than the numbers listed above. You may want to take a diabetes class to learn more.

How often should I test?

Not everyone needs to test his or her blood sugar the same number of times each day. Ask your doctor or other health care professional what amount of testing is best for you and at what times of the day you will need to test. Here are some general guidelines about how often to test.

You may be asked to test more often when you are:

- sick or have an infection
- changing your diabetes medications or increasing the dose of your medications with your doctor or other health care professional
- considering becoming pregnant, or you are pregnant
- not in good control of your diabetes

If your diabetes treatment includes:	Suggestions for how often to test when your diabetes is in good control:
<input type="checkbox"/> diet and exercise only	one to two times a week
<input type="checkbox"/> diabetes pills	once each day or, for some people, one to two times per week
<input type="checkbox"/> one injection of insulin at bedtime	one time a day
<input type="checkbox"/> two injections of insulin a day	two times a day
<input type="checkbox"/> three or more injections of insulin a day	four times a day
<input type="checkbox"/> insulin and diabetes pills	three to four times a day
Other suggestions: _____ _____	

Safety and comfort

Some people feel pain or have a hard time getting enough blood when pricking their fingers. Here are some ideas to help make it easier:

- Prick a different spot or different finger each time to reduce redness and soreness in your fingertips.
- To get more blood flowing to your fingertips, shake your hand up and down or run warm water over your hand before you prick your finger.
- Ask your doctor or other health care professional about other lancet options.
- Don't share your lancing device with others.

More tips for testing your own blood sugar

- Call the LifeScan Customer Services number (1-800-227-8862) if you have problems with your LifeScan meter.
- For accurate results, keep test strips in their airtight bottle and do not use strips after the expiration date shown on the bottle.

Other resources

The *LifeScan OneTouch® Blood Glucose Monitoring System Owner's Booklet* and blood sugar logbook are available from your doctor, other health care professional, local Health Education Center, or pharmacy.

- Connect to our Web site at kp.org to access health and drug encyclopedias, interactive programs, health classes, and much more.
- Visit your doctor's homepage at kp.org/mydoctor to find reliable health information, view your medical record, check lab results, email your doctor, and much more.
- Contact your Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.
- Visit kp.org/diabetes
- If you are hit, hurt or threatened by a partner or spouse, this can seriously affect your health, including your diabetes. There is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to ndvh.org.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.