

Checking your blood sugar

How frequent blood sugar checks can help you

Checking your blood sugar yourself is an important part of managing diabetes. Checking often will tell you:

- If your insulin or other diabetes medicine is working
- How physical activity and the foods you eat affect your blood sugar

You'll usually feel better and have more energy when your blood sugar stays at or near normal. Managing your blood sugar can also reduce your risk of developing problems from diabetes.



How to check your blood sugar

You can check your own blood sugar using a meter. Many different kinds of blood sugar meters are available today. Your diabetes care team can help you choose one and show you how to use it.

When to check your blood sugar

You and your diabetes care team will decide when and how often you will check your blood sugar. The table below shows some times when you might want to check and why.

When your team may want you to check	Why you should check
When you wake up	To see if your blood sugar is staying under control while you're asleep (called fasting blood sugar)
Before meals	To know what your blood sugar is before you eat and to know if you will need to adjust your mealtime (prandial) insulin
1 or 2 hours after you start your meal	To see how the food you eat and insulin dose affect your blood sugar
Before, during, and after physical activity (depending on the length of time of your activity)	To see how being active affects your blood sugar
At bedtime	Depending on the medicine that you take

Keeping a blood sugar tracker

It's important to write down your blood sugar levels so that you can keep track of what makes them go up or down.

See the last page for a tracker that you can use to record your blood sugar and write down other important information for your diabetes care team.



For mobile tracking, try the **Cornerstones4Care®** Powered by **Glooko** app!

Your blood sugar tracker

Date: ____ / ____ / ____

		BLOOD SUGAR RESULTS*									
		Breakfast		Lunch		Dinner		Bedtime	Night		
		BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time		
		Time	Time	Time	Time	Time	Time				
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL		
Non-insulin medicine and dose	MONDAY										
	Carb intake										
	Mealtime insulin dose	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units		Other ▶			
	Long-acting insulin dose	_____ units _____ time		If needed at dinner or bedtime		_____ units _____ time					
Non-insulin medicine and dose	TUESDAY										
	Carb intake										
	Mealtime insulin dose	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units		Other ▶			
	Long-acting insulin dose	_____ units _____ time		If needed at dinner or bedtime		_____ units _____ time					
Non-insulin medicine and dose	WEDNESDAY										
	Carb intake										
	Mealtime insulin dose	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units		Other ▶			
	Long-acting insulin dose	_____ units _____ time		If needed at dinner or bedtime		_____ units _____ time					
Non-insulin medicine and dose	THURSDAY										
	Carb intake										
	Mealtime insulin dose	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units		Other ▶			
	Long-acting insulin dose	_____ units _____ time		If needed at dinner or bedtime		_____ units _____ time					
Non-insulin medicine and dose	FRIDAY										
	Carb intake										
	Mealtime insulin dose	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units		Other ▶			
	Long-acting insulin dose	_____ units _____ time		If needed at dinner or bedtime		_____ units _____ time					
Non-insulin medicine and dose	SATURDAY										
	Carb intake										
	Mealtime insulin dose	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units		Other ▶			
	Long-acting insulin dose	_____ units _____ time		If needed at dinner or bedtime		_____ units _____ time					
Non-insulin medicine and dose	SUNDAY										
	Carb intake										
	Mealtime insulin dose	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units		Other ▶			
	Long-acting insulin dose	_____ units _____ time		If needed at dinner or bedtime		_____ units _____ time					

If you'd like to use an online blood sugar tracker, you can find one at [Cornerstones4Care.com](https://www.cornerstones4care.com)

*You and your diabetes care team will decide the best times for you to check your blood sugar.

