

DIABETES

Monitoring blood sugar

What is my goal for my self-testing blood sugar level?

Set your goals with your health care team.

Below are blood sugar goals for most people with diabetes who are self-checking:

- Before meals:
70 to 130 mg/dL
- 1 to 2 hours after meals:
less than 180 mg/dL

Your goals may be different.



Ask your health care team when and how often you should check your blood sugar.

Provided as an educational resource by Merck

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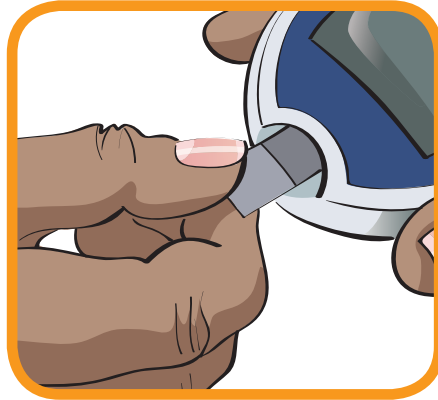
Using a blood glucose meter

Because different glucose meters work differently, you need to read the directions for your glucose meter.



1. Prepare the site that you will use to get your blood sample:

- Wash your hands and dry them well.
- Clean the site that you will be using.



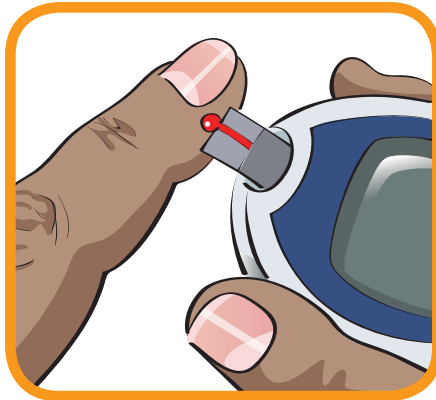
2. Insert the strip into the meter.

Follow the instructions for your meter for inserting the test strip.



3. Prick yourself with a new lancet.

Ask your health care team what area you should use.



4. Touch the drop of blood to the test strip.



5. Write the number that shows up on the screen in your log book.

