

Self Blood Glucose Monitoring (SBGM)

Who should test their blood sugar?

All persons with diabetes should test their blood sugars. The goal of your diabetes treatment plan is to keep your blood sugar level as close to normal as possible. Good blood glucose control helps to reduce your risk for complications of diabetes.

Why test your blood sugar?

- Keeps you informed about your glucose control
- Helps you to identify high and low blood sugars
- Allows you to take charge of your care
- Assists you and the health care team to make changes in your treatment plan
- Helps to identify patterns.

Testing Tips

- Make sure hands are clean.
- Check expiry date of strips.
- Store strips properly (between 2-30°C). After removing a strip, replace cap immediately.
- Keep strips in their original container.
- If coding of meter required, do it with each new container.
- If having difficulty getting a drop of blood, warm hands under water, gently milk finger, keep hand below heart level.
- Use checkstrip/control solution to check meter function.
- Make sure test strip has an adequate sample of blood.

- When having bloodwork done check the accuracy of your meter at least once a year. (Test within 5 minutes of having the blood drawn.)
- Use a new lancet each time. Place used lancet in a safe sharps container available at your pharmacy or CDA Supply Centre. When container is full, return it to the pharmacy or supply centre for safe disposal.

Alternate Site Testing

- Some meters can test blood glucose from sites on the forearm or ear.
- It is not recommended to do alternate site testing if hypoglycemia is suspected or up to 2 hours after a meal.

Suggested Times to Test	Target
• before meals and bedtime	
• 2 hours after largest meal	