



Blood glucose monitoring

Blood glucose (sugar) tests are very important in monitoring your diabetes. They tell you how much glucose is in your blood. It is important to check blood sugars to ensure you are having the right amount of insulin. The normal blood sugar range is **4–7 mmol/L**.

To test your blood sugar you need a blood sugar meter, strips and a finger pricker device which will be provided initially by the diabetes nurse, followed up by repeat prescriptions.

Step by step guide

- Wash hands in warm water and dry thoroughly
- Use the finger pricker to prick your finger
- Try not to squeeze finger
- Apply blood to the strip in the machine - it takes 5 seconds for a result

When to test

The best time to test is just before your insulin injection, before the main meals. However, if you are feeling low or unwell you need to also test.

Test before each meal, before bed, before exercise, when you are feeling low, when you are unwell and record in your blood sugar diary. You need to do at least 5 blood glucose tests every day.