

ASCENSIA
HEALTHFACTS

Blood Glucose Testing



Bayer HealthCare

BLOOD GLUCOSE TESTING

What is blood glucose monitoring?

Glucose is a type of sugar that is found in your blood. Blood glucose monitoring is a big part of caring for your diabetes. A blood glucose test tells you how much glucose is in your blood at any point in time. Many things affect your blood glucose levels each day. Testing will let you know if your meal plan, medication and exercise are working to keep your blood glucose in good control.

Who should monitor their own blood glucose?

A test you do yourself is called a self-test. Diabetes UK recommends that anyone with diabetes does blood glucose self-tests. Diabetes changes the way your body controls blood glucose levels. Regular monitoring helps you keep your blood glucose as close to normal as you can.



How can blood glucose monitoring help me?

You and your healthcare team have set up a plan to help you control your blood glucose. One of the best ways to be sure your plan is working is to monitor your blood glucose yourself. Research shows that good control of blood glucose can lower your risk of eye disease, kidney disease and nerve damage that can develop due to diabetes. Monitoring your own blood glucose lets you learn how diabetes makes your body react to daily events. You can answer questions like, “what happens to my blood glucose during times of stress or when I am ill?” or “what happens to my blood glucose when I exercise?”

Blood glucose monitoring can help you decide how to take better care of yourself.



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How often should I test my blood glucose?

The more you test, the more you will know about your blood glucose control. Many things affect your blood glucose each day, like eating, exercise, medication, illness and stress. So, it is important to test your blood glucose at different times of the day. Research studies tell us that testing blood glucose daily, up to 4 times a day or more, is a good way to learn how to better control your blood glucose. Good control of blood glucose will help you lower your risk of future problems with diabetes (see the Take-charge Management leaflet).

Regular monitoring gives you the information you need to avoid too many high or low blood glucose levels day to day. Your healthcare team will help you decide how often to test.



When should I test my blood glucose?

Your healthcare team will also help you decide when to test. Testing at different times is a good idea. Here are some useful times to choose from:

- Before breakfast – this is called the fasting blood glucose. Fasting means you have not had any food in 8 hours or more
- 1-2 hours after breakfast - this is called the postprandial blood glucose
- Before lunch
- 1-2 hours after lunch
- Before supper
- 1-2 hours after supper
- Before bedtime
- At 2:00 or 3:00 a.m., if you take insulin

It is a good idea to do extra tests when:

- There are changes in your treatment plan
- You start a new medication for diabetes
- You think your blood glucose might be too low or high
- You are ill



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How do I make sense of different blood glucose levels at different times?

Blood glucose levels 1-2 hours after eating are called postprandial. Research shows that blood glucose levels in people with diabetes can more than double after eating, even when their blood glucose before eating is normal. It is vital to discuss your fasting and postprandial blood glucose goals with your healthcare team.



Blood glucose monitoring goals

My fasting goal is:

My postprandial goal is:

My bedtime goal is:

Do I really need to keep records?

Yes, keep a written record (eg Glucolog) of your blood glucose readings. Also, write down the date, time, and whether the self-test was done before or after eating. Other information about diet, exercise, medication, or how you are feeling is useful.

Alternatively you can automatically download the results from your Ascensia™ ESPRIT®2 blood glucose meter using the free WINGLUCOFACTS® software available from www.ascensia.co.uk

Always bring your records when you visit your healthcare team. Together, you can look for patterns in your blood glucose readings (see HbA_{1c} Testing leaflet). The patterns will help you decide whether you need to adjust your plan.

What can I do to improve my self-testing technique?

Follow the directions that come with the meter you are using. Talk to your healthcare team about your meter and the way to do the test. These tips will help you get the most correct results:

- Keep your meter clean.
- Keep your testing supplies at room temperature.
- Check the expiration date of your testing supplies.
- Wash your hands in warm, soapy water. Dry them well.
- Put your hand down to let gravity help the blood flow to your fingertips.
- Prick the side of your finger with a fresh lancet in a lancing device.
- Get enough of a blood drop to apply to the test strip or test sensor.
- Record your results.





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Yes, you can manage your diabetes. Blood glucose monitoring is a big part of your diabetes management. By self-testing, you can tell what your blood glucose levels are and how well your diabetes plan is working. It will quickly become a natural part of your daily routine. The better you become at using the results of your self-testing, the more control you will get. Just remember - the power to manage your health is in your hands.

For more information about our Ascensia™ diabetes product range call Ascensia™ DIABETES SUPPORT on 0845-600-6030

You can also visit our web site at:
www.ascensia.co.uk



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