



## Good reasons to test your blood sugar

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### Normal blood sugar numbers

- Your blood sugar should be between 90-110 mg/dl **before meals** or when you are fasting.
- Your blood sugar should be 140 mg/dl or less, **2 hours after eating**.
- **At bedtime**, your blood sugar should be between 100-140 mg/dl.

### Things you can learn from testing

Testing your blood sugar **before meals** shows if your diabetes medicine is keeping your blood sugar in a normal range.

Testing your blood sugar **2 hours after a meal** shows how well your body is using the food you have eaten and how well your diabetes medicine is working.

Testing your blood sugar **at bedtime** show how your body uses food during the day and helps you decide if you need a bedtime snack.

### Did you know...?

- **Your test strips** have a “use by” date on the container they come in, **BUT**, most brands are good for only 90 days once the container is opened!
- **Control solution** tells you if your meter is working the right way. It has a “use by” date on it, **BUT**, is only good for 90 days once the container is opened!

### A word about coding your meter

Coding your meter means you need to do **something** to your meter so it **reads** the test strips correctly.

- You may insert a new chip or special strip in the meter every time you open a new package of strips.
- You may use the buttons on the front of the meter to change the code number.
- The instruction manual will tell you how to code your meter.
- Not all meters need to be coded.