

Instructor Notes

Blood Sugar Testing Made Easy

**A “survival skills” presentation
developed by the
Diabetes Association of Greater
Cleveland**

**Why should you test
your blood sugar?**

Normal blood sugar guidelines for people with diabetes

Fasting or before meals 90-110 mg/dl

2 hours after eating 140 mg/dl
or less

At bedtime 100-140 mg/dl

How often should you test your blood sugar?

Testing more than once a day
is not a bad thing!

Good Times to Test Your Blood Sugar

- Before a meal
- 2 hours after a meal
- At bedtime

Supplies you will need to test your blood sugar

- Monitor or meter
- Testing strips
- Control solution
- Lancing devices
- Lancets
- Cotton balls
- Soap and water
- Container for used lancets
- Storage container for supplies

Blood Glucose Monitors



Testing Strips



**Does your meter need
to be coded?**

Control Solution



Lancets and Lancing Device



Sanitizing the Test Area

- Wash hands with warm, soapy water, rinse and dry
- Alcohol is not necessary unless you cannot get to soap and water



Recording Your Results

- Record your results in your record booklet or in a notebook
- Take those records with you to the doctor



**Dispose of
used lancet
and test strip
in appropriate
container**



Storing your Supplies

**Keep supplies
together to
make testing
easier**



Resources for Testing Supplies

- Do you have health insurance?
- If **YES**, ask these questions:
 - Are my medications covered?
 - Are testing supplies covered?
 - Is diabetes education covered?
- Ask how to access these benefits.

Resources for Testing Supplies

- If you **do not** have health insurance, there are patient assistance program that may help.

**What questions
do you have?**

**If you have questions
or need help
call 216-591-0800**



**DIABETES ASSOCIATION
OF GREATER CLEVELAND**

Fighting the diabetes epidemic right here at home