

## Blood sugar goals to achieve in diabetes

- The before meal blood sugar level should be less than 130 mg/dl.
- The blood sugar level at 2 hours after a meal should be less than 180 mg/dl.
- If your diabetes is under good control, you will not experience frequent low sugar episodes. The chance for long term health problems will also be less.
- The number of times that you should check your blood sugar by your glucometer will vary depending on the type of treatment that you are on. You should discuss this with your diabetes care team.

You should remember that **you** are the most important person in managing your diabetes.

# Why should you have a glucometer?



## Why should you have a glucometer?

- You can check your blood sugar levels while in your house or office with a glucometer.
- The responsibility to control your diabetes lies with you. If you have a glucometer, you can reduce future complications of diabetes by frequently checking your blood sugar levels and controlling the blood sugar levels.
- Your doctor will find it easier to control your diabetes if you check your blood sugar levels by your glucometer and record it in a diary.
- Your glucometer will come in very handy during low sugar episodes (hypoglycemia), intercurrent illness, pregnancy or any other condition needing frequent monitoring of blood sugar levels.



## How to maintain your diabetes diary ?

Date	Morning		Noon		Night	
	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner