

How to use a glucometer to guide a healthier lifestyle

Why monitor blood sugar?

Monitoring your blood glucose (blood sugar) level tells you how your meal plan, exercise, and medication are working to control your diabetes. Self-monitoring of blood glucose is one of the most important ways to manage your diabetes. Because blood sugar levels change all the time, frequent blood sugar monitoring is recommended before meals, two hours after meals, and before bedtime.

Ways to measure blood glucose

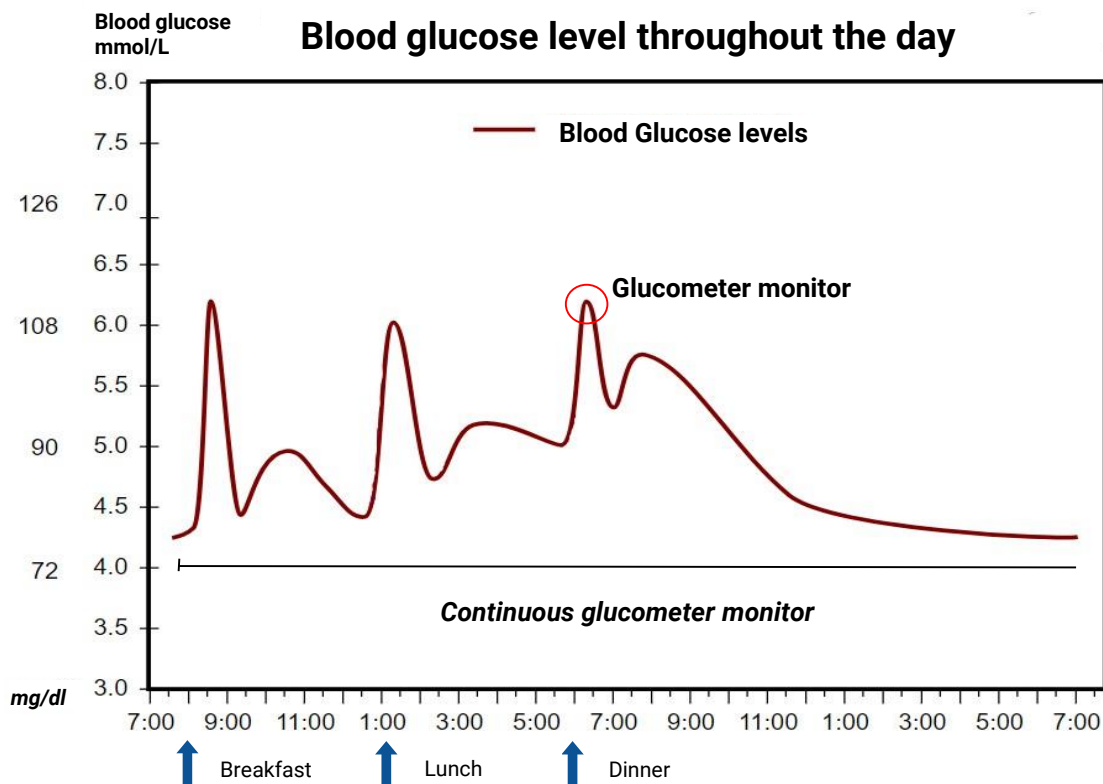
Two ways to measure blood sugar are with a **glucometer monitor** and a **continuous glucometer monitor (CGM)**. A glucometer monitor checks for blood glucose at a specific time during the day. A CGM checks your blood sugar levels continuously throughout the day, and is more costly than a regular glucometer.



When your blood glucose is either too high or too low, please consider the following areas that may affect blood glucose levels:

- **Diet:** skipped meals or overeating; alcohol consumption
- **Exercise:** lack of or excessive exercise
- **Stress & illness**
- **Skipped dose of medication**
- **Medication side effects**

***Notice: Blood glucose level may vary.
Please consult with your physician.**



Recommended blood glucose ranges for people with diabetes

Time of test	Ideal range	Acceptable range
Before meals	80-120 mg/dl	80 - 130 mg/dl
2 hours after meals	<140 mg/dl	<180 mg/dl
Before bedtime	100-140 mg/dl	100-160 mg/dl



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