

Blood glucose checks: quick guide

Why check your blood glucose level

Checking your blood glucose level is an important part of looking after your diabetes. It helps you and your doctor:

- keep your blood glucose level in a healthy range
- see how food choices, activity or medicines affect your blood glucose
- lower your risk of diabetes-related health problems.

How to do a finger prick blood glucose check

Your doctor or diabetes health professional will show you how to check your blood glucose levels. A general guide is below. You will need:



a blood glucose meter



blood glucose check strips



a finger pricking device



a sharps bin.

The key steps are:

1. Wash your hands with warm water and soap, and dry well.
2. Place the strip in the meter.
3. Prick your finger using the finger-pricking device.
4. Touch the strip to the blood and let it absorb.
5. The meter will count down and show your blood glucose level.

There are other ways to check your blood glucose level. Talk to your doctor or diabetes health professional about what is right for you.

Your healthy range for blood glucose levels

For most people with diabetes, a healthy range for blood glucose is:

- **Before meals** or fasting: 4 to 7 mmol/L
- **2 hours after meals** (from your first bite): 5 to 10 mmol/L

Ask your doctor what your healthy range is – it may be different.

Things that can change your blood glucose level

Blood glucose levels go up



Eating more carbohydrate food



Being less active



Not enough diabetes medicine



Being unwell or in pain



Stress

Blood glucose levels go down



Eating less carbohydrate food



Being more active



Too much diabetes medicine



Vomiting or diarrhoea



Drinking alcohol

If your blood glucose level is above or below your healthy range often, tell your doctor. You may need to change your diabetes management.



The NDSS and you

For access to more resources (including in your language), scan the QR code, or go to ndss.com.au or call the **NDSS Helpline 1800 637 700**.