

Self-monitoring of Blood Sugar

- **Keeping your blood sugar levels within the target range** can help reduce your risk of diabetes-related complications. Self-monitoring your glucose levels can help you better understand how food, physical activity and insulin dose affect your blood sugar levels, and make the necessary changes to optimise your diabetes control.
- **Blood sugar targets can be individualised** in order to prevent risk of hypoglycaemia (too low levels of blood sugar) or other adverse effects associated with blood sugar control that is too tight.
- **Discuss with your healthcare team** if you need to self-monitor your blood sugar, which tools you should use and how often to use it.
- **Your target blood sugar range can depend on:** age, lifestyle and overall health.



When to check blood sugar levels:

Before meals

Two hours after a meal

Before bedtime

Before and after exercise

When feeling unwell

Other times as necessary, as discussed with your healthcare professional