

Glucose level targets

These should be tailored to your condition.
Please discuss with your healthcare team.

| Test | Targets |
|--|-----------|
| Pre-meal glucose [^] (mmol/L) | 4.0 – 7.0 |
| 2-hour post-meal glucose [^] (mmol/L) | < 10.0 |

[^]Values pertaining to capillary blood sample