



# Blood Glucose Monitoring

People who are on insulin should be encouraged to check glucose when appropriate based on their insulin regimen. This may include:



- Fasting
- Prior to meals and snacks
- Bedtime
- Prior to exercise
- When low blood glucose is suspected
- After treating low blood glucose levels until they are normoglycemic
- Prior to and while performing critical tasks such as driving



**Individuals on noninsulin therapies may find blood glucose monitoring helpful when altering diet, physical activity, and/or medications.**



Optimal use of BGM devices requires proper review and interpretation of data by both the person with diabetes and the health care professional to ensure that the data are used in an effective and timely manner.

People with diabetes should be taught how to use BGM data to adjust food intake, physical activity, or pharmacologic therapy to achieve specific goals.



Some meters now provide advice to the user in real time when monitoring glucose levels. A Bluetooth® or cellular connected glucose meter can help patients with diabetes track their blood glucose levels, share data with health care professionals, and make informed decisions about their medication, diet, and lifestyle changes.

**Health care providers should be aware of interfering substances for glucose meter accuracy:**

#### Glucose oxidase monitors

Uric acid	Acetaminophen
Galactose	L-DOPA
Xylose	Ascorbic acid



#### Glucose dehydrogenase monitors

Icodextrin (used in peritoneal dialysis)

