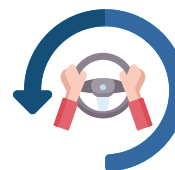
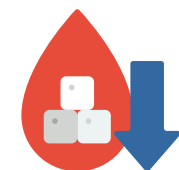
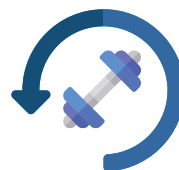




Blood Glucose Monitoring

If you use insulin, you may need to check your blood glucose (blood sugar) at these times:

- Fasting
- Before meals and snacks
- Bedtime
- Before exercise
- To confirm low blood glucose (hypoglycemia)
- After treating low blood glucose levels and until blood glucose is in target range
- Before and during critical tasks such as driving



If you are not using insulin you may find blood glucose monitoring helpful when changing your diet, during physical activity, and when changing or taking medications.



To get the most out of your blood glucose checks, review the data with your diabetes care team during your visits.

Work with your diabetes care team to use the data you're collecting to make decisions about what you eat, how active you are during the day, and adjusting your medications.



Some substances may interfere with your blood glucose meter's accuracy, such as vitamin C and acetaminophen.

