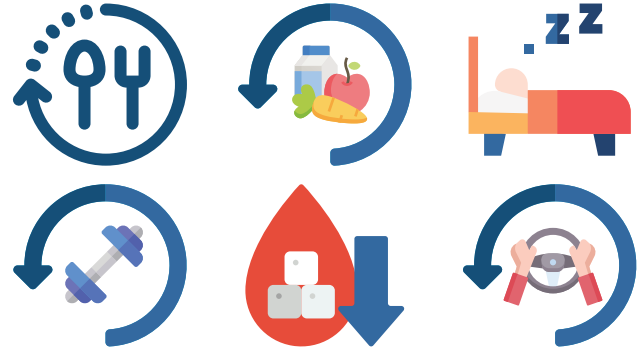


# Blood Glucose Monitoring

People with diabetes using insulin may need to check their blood glucose (blood sugar) at these times:

- Fasting
- Prior to meals and snacks
- Bedtime
- Prior to exercise
- If low blood glucose is suspected
- After treating low blood glucose levels until blood glucose rises to target range
- Prior to and while performing critical tasks such as driving



Individuals not on insulin may find blood glucose monitoring helpful when changing diet, during physical activity, and/or taking medications.



There are some substances that may interfere with glucose meter accuracy such as vitamin C and acetaminophen.

