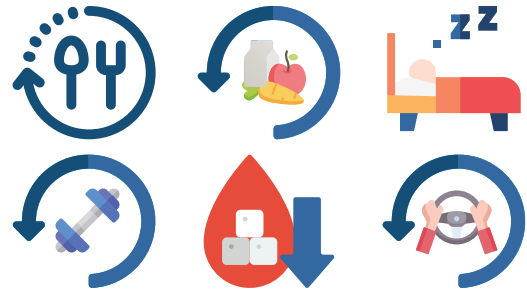


# Blood Glucose Monitoring

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.**



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

#### Glucose oxidase monitors

Uric acid  
Galactose  
Xylose  
Acetaminophen  
L-DOPA  
Ascorbic acid



#### Glucose dehydrogenase monitors

Icodextrin (used in peritoneal dialysis)

