

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)

