

## Monitoring Blood Sugar in Type 1 Diabetes

Monitoring your blood sugar is an important part of diabetes management. It helps to let you know how your food, activity and insulin are working together.



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### What are some of the factors that affect blood sugar?

- Stress/Excitement
- Illness
- Activity
- Alcohol
- Growth
- Insulin dose
- Carbohydrate intake

**Use positive language.  
Blood sugars are high or low or in target;  
not good or bad.**

### What are the benefits of checking your blood sugar?

- Regular monitoring gives you feedback about the balance between your insulin and the sugar available for energy at the time of the blood sugar check.
- You can see if your blood sugar is above, below or within your target range.
- You can reflect on the factors affecting your blood sugar to consider what you might do to get your next blood sugar at or near your target range.
- This allows insulin adjustment to match your body's need at that exact moment.
- Consider the meter like the speedometer in your car. It tells you whether to slow down, speed up or if your speed is 'just right'.



(over)...

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- If your blood sugar is high, you will take a little more rapid acting insulin. If it is low, you will treat with some carbohydrate and possibly take a little less rapid acting insulin.
- People who can respond with insulin adjustments on a daily basis and keep their blood sugar near their target range have less trouble with their heart, eyes, feet and kidneys later in life.

Ideal blood sugar levels		
	Before a Meal	2 Hours After a Meal
Less than 6 years of age	6 – 10 mmol/L	
6-12 years of age	4 – 10 mmol/L	
13-18 years of age	4 – 7 mmol/L	5 – 10 mmol/L
Most adults	4 – 7 mmol/L	5 – 10 mmol/L

### Blood sugar meters

- Meters for checking your blood sugar are available at pharmacies and at the diabetes education clinic. They are free with a prescription for 100 test strips.
- Directions for using the meter are included in the package with the meter. A pharmacist or diabetes educator can also show you how to use a meter.
- Always bring your meter to diabetes education appointments.

Try to avoid 'excitement' over any meter reading.  
The person with diabetes will feel like their blood sugar is a measure of their behavior.

For example:

Parent says: **'That's great! Your blood sugar is 7.2 mmol/L.'**

Child hears: **'I've made my parent happy.'**

Parent says: **'Oh, your blood sugar is 18 mmol/L. Did you eat something?'**

Child hears: **'I'm going to get it and I didn't even eat anything.'**

### Benefits of writing results in your logbook

- You can look for patterns of highs and lows. This may help you to know when to adjust insulin doses.
- Bringing in your logbook to review at clinic visits will help you tell your story to the diabetes team who will work with you and offer suggestions to better manage your diabetes.

