

Glucose Monitoring

There are different ways of measuring a blood glucose level (BGL):

Blood glucose monitoring is a measurement of glucose in the blood from a finger prick capillary sample that is measured by a glucose meter.

Continuous glucose monitoring (CGM) systems are available and are described in the CGM section.

Blood glucose monitoring is essential to manage your diabetes.

Some of the reasons include:

- Observe patterns and trends of your glucose levels.
- To adjust your insulin dose.
- To recognise hypoglycaemia (hypo) and hyperglycaemia (high levels).
- During sports or activity
- When eating different foods
- On days when your child is sick with a cold, flu, nausea or vomiting.

Steps to remember when checking your BGL

- Always wash and dry your hands as food can alter the BGL reading.
- Prepare your glucose monitor, strips and lancet. Remember to set the gauge depth on your lancet device to your chosen level.
- Change your lancet daily.
- Always use the side of your finger tip and rotate your fingers daily.
- Touch test strip to the blood until it has absorbed enough allowing the meter to count down and show the result.

Target Range for your BGL is 4-7 mmol/L

- BGL's will continually fluctuate and it can be difficult to always keep them within this range.
- If many readings are outside this target range, then it may mean that changes are required around insulin, exercise or activity levels and food.

Information for patients, families and carers

We recommend people with Type 1 diabetes monitor their BGL:

- Before Breakfast
- Before Lunch
- Before Dinner
- Before Bed (9.30pm-10pm)

BGLs will also need to be tested:

- When the child/adolescent suspects a low BGL or hypo
- If your child feels unwell
- Before sport/exercise
- Before driving
- Overnight (2.00am)

When should I test my BGL overnight (2.00am)?

- At diagnosis (for 1 to 2 weeks) or as directed by diabetes team
- If your BGL is low at bedtime (< 4mmol/L)
- During times of increased activity
- Unwell- nausea, vomiting or decreased appetite
- Incorrect dose of insulin given
- Hypo on waking in the morning

For information



Department of Paediatric Endocrinology and Diabetes (DPED)
(03) 8572 3051