

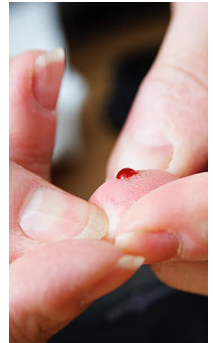
you and your
DIABETES

Self monitoring of blood glucose

Should I be monitoring my blood glucose?

Blood glucose monitoring is integral to successful self-management to the following diabetes treatment groups:

- Type 1 diabetes (including children)
- Type 2 diabetes treated with insulin
- When planning a family and during pregnancy
- Type 2 diabetes treated with medication that can cause blood glucose to become low (hypoglycaemia). This group of tablets are known as Sulphonylureas and include Gliclazide and Glimeperide



Routine blood glucose monitoring is not required for the following treatment groups but can be used as an educational tool, especially during illness or diabetes medication changes:

- Type 2 diabetes treated with diet and exercise
- Type 2 diabetes treated with medication other than insulin and Sulphonylureas

How often should I be testing?

The frequency of testing differs depending on individual need. To see examples of real patients in the various treatment groups, please visit www.diabetesbexley.org.uk.



Monitoring blood glucose effectively

Three top tips

- Understand how, when and why to test
- Keep a record and use the results to help you better control your diabetes
- Make sure your meter is accurate

How many diabetes test strips do I need?

Patients are encouraged to work out how many diabetes test strips they need and order prescriptions accordingly. For example:

Bob has type 2 diabetes and is treated with insulin. He checks his blood glucose four times a day and works out he needs to order 120 strips a month.

To ensure Bob has enough strips, his doctor has to prescribe 150 strips per month (three pots of 50 strips). Using a repeat prescription over 12 months, Bob found he had seven pots of strips sitting in his cupboard. Bob is now in the habit of only ticking the repeat prescription box for strips when he has one pot left.

Please order diabetes test strips appropriately.

More information

If you would like more information about blood glucose monitoring, including guidance on how often to test, please visit www.diabetesbexley.org.uk or speak to your diabetes team.