

# How to Check Your Blood Sugar

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1. Wash your hands or use an alcohol swab to clean the finger.
2. Use the lancing device on the side of your finger to obtain a drop of blood. You can adjust the puncture depth of the lancing device if not enough blood was obtained.
3. Hold the finger up to the test strip to “take” the blood and wait for the result.
4. Read the meter’s display of your glucose level and record it on the sheet provided or in a glucose logging app of your choice. Be sure to indicate if the reading was fasting or 1 or 2 hours after eating.

## **Please check your blood sugar 4 times per day**

- **FASTING:** try to check first thing in the morning, before you’re up showering and doing much activity for the day, as this will provide a more accurate reading. You may note that if you sleep longer than 10 hours, or wake up later on the weekends, your blood sugar may be higher as your time fasting has increased and your body is releasing stored energy to keep you functioning. Some women may set an alarm to wake up after sleeping 6-7 hours, check their blood sugar, then go back to sleep.
- **AFTER EACH MEAL:** “start the clock” at the first bite of food and check either 1 or 2 hours after eating. If you take longer than 30 minutes to eat I recommend checking at the 2 hour mark for a more accurate assessment of your blood sugar response.

## **If you notice your fasting levels are elevated, here are some tips to try:**

- Have an early dinner (aim for no later than 8pm) and make sure that it is the lower/no carb meal of the day (aim for no more than 30grams).
- Take a low/no carb, high protein or fat snack at bedtime (nuts, plain greek yogurt, avocado, eggs, cheese slices, tuna or sardines); this is to lower fasting numbers and avoid needing to snack in the middle of the night.
- Try to get as good a night’s sleep as you can. The body will see a restless night sleep as “stress” which could increase blood sugars.
- Try to add in a little activity between dinner and sleep (even 20-30 minutes of walking)
- During the day make sure you snack between meals with lower carb snacks (again aim for higher protein/fat).

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