

Self monitoring blood glucose for Type 2 Diabetics

Blood glucose testing

Testing your blood glucose levels gives you information which can help you manage your diabetes and enables you to see how well your body is responding to your medication, diet and activity levels.

Do I need to test my blood glucose?

Self testing can help in managing your blood glucose, but only if you understand how to use it together with healthy eating, exercise and taking your prescribed medicines as advised. It is usually not required to test regularly if your diabetes is well controlled with diet alone or with metformin (see table on the next page). For further information, please ask your doctor, nurse or pharmacist.

What should my blood glucose levels be?

Targets should be discussed and agreed between you and your doctor/nurse or practice pharmacist. In general, they should be within the ranges of:

Fasting 4-7mmol/L

Before meals 4-7mmol/L

Two hours after meal 7- 8.5mmol/L

If I am well, how often should I test?

Please see the table opposite for frequency of blood glucose testing.

When do I need to test more often than usual?

*Criteria for where a period of self monitoring blood glucose test strips can be prescribed as determined by your healthcare professional includes:

- During periods of acute illness
- When changing therapy to assess effectiveness
- If there is evidence of hypoglycaemic episodes (low blood sugar readings)
- When starting treatment with oral or intravenous corticosteroids
- To confirm suspected hypoglycaemia (low blood sugar)



How your diabetes is treated	Recommended routine monitoring	Blood Glucose Monitoring usage 1 box = 50 strips
Type 1 – insulin	Test at least 4 times a day, including before each meal and before bed	3-6 boxes per month depending on lifestyle
	Pregnancy: Test fasting, pre-meal, and 1 hour post meal and bedtime blood glucose levels daily.	Pregnancy: 5 boxes per month
Type 2 diabetes and any of the following: <i>Diet and lifestyle, Metformin, Sitagliptin, Saxagliptin, Alogliptin, Linagliptin, Vildagliptin, Pioglitazone, Exenatide, Liraglutide</i>	NO routine self testing necessary *	No testing required unless meet criteria *
	Pregnancy: Test fasting and 1 hour post-meal blood glucose levels daily.	Pregnancy: 3 boxes per month
Type 2 diabetes and on either of the following : <i>Gliclazide, Glimepiride, Glibenclamide, Glipizide, Repaglinide, Nateglinide</i>	NO routine self testing necessary *	1 box may be considered in some cases*
	DVLA Group 1 drivers (Car and Motorcycle): May need to test levels depending on frequency of driving and at times relevant to driving. DVLA Group 2 drivers (Bus and Lorry): Test levels twice a day and at times relevant to driving	Driving: 1-2 boxes per month.
	Pregnancy: Test fasting and 1 hour post-meal blood glucose levels daily.	Pregnancy: 3 boxes per month
Type 2 diabetes and on insulin treatment solely or in combination with the above	Test on average 4 times a day	3 boxes per month
	DVLA Group 1 drivers: Test levels no more than 2 hours before driving and every 2 hours whilst driving DVLA Group 2 drivers: Test levels twice a day and at times relevant to driving (no more than 2 hours before driving and every 2 hours whilst driving). Pregnancy: Patients on a multiple daily insulin injection regimen: test fasting, pre-meal, 1 hour post-meal and bedtime blood glucose levels daily during pregnancy. Patients on single dose intermediate-acting or long-acting insulin: test fasting and 1 hour post meal blood glucose levels daily.	DVLA Group 1: 2-3 boxes per month DVLA Group 2: 3 boxes per month (5 tests per day) Pregnancy: 3-5 boxes per month for those on multiple daily injections.