BLOOD SUGAR TESTING FOR PATIENTS WITH TYPE 2 DIABETES NOT USING INSULIN†

Type 2 diabetes managed with pills or by diet alone

Recommendation

OR

Most people with type 2 diabetes who manage their condition with pills or by diet alone do not need to test their blood sugar levels as often as they do now.

Although most people with type 2 diabetes who do not use insulin don't need to test their blood sugar every day, I may want to check my blood sugar levels when:

- I am taking medicine(s)* that can increase my risk of having low blood sugar (hypoglycemia)

- I have a history of getting very low blood sugars (hypoglycemia)

- I experience unplanned physical activity or do not eat very well

- My diabetes is not controlled very well — checking my blood sugar levels more often might help me make changes to my diabetes treatment and get my blood sugar levels more stable

- My diabetes medicine(s) change — any changes to my medicine(s) will have an effect on my blood sugar levels

- I am sick — my blood sugar levels will change when I am sick with a cold, flu, fever or infection

- I am pregnant or planning a pregnancy

Health care provider signature: _____

*Ask my health care provider for a full list of medicines that may put me at risk of developing very low blood sugar levels (hypoglycemia).

July 2010

TIPS FOR MANAGING MY DIABETES

Taking control of my diabetes means more than just keeping track of my blood sugar levels. The tips below, along with regular visits with my health care team (doctor, diabetes educator, pharmacist, etc.) can help me take good care of my diabetes and stay healthy. Remember I am the most important person caring for my health.

Eat meals and snacks that include high fibre foods (whole grains, vegetables, fruits). Limit my sugar (regular pop, desserts, candies), fat, and salt intake.

Get active! I should aim for 30 minutes of aerobic activity (5 days per week such as brisk walking, running, swimming or cycling) and include strength or weight training several times a week.

Talk to my health care team about how often I should test my blood sugar levels and what my goals should be.

Take my prescribed medication, even when I am feeling good, and keep an up-to-date list of my medicines to review with my doctor during medical appointments.

Talk to my health care team about my A1C test* results — what my A1C target should be and what I can do to reach my goal.
The A1C test is a blood test that measures blood sugar control over three months.

Maintain a healthy blood pressure (target below 130/80 mmHg).

Know my blood fat (cholesterol) goals and results.

Stop smoking. Talk to my health care team about tools and support that are available to help me.

Talk to my health care provider when I have sad feelings about living with diabetes.

Inspect my feet daily, looking for cuts, blisters, warm red areas, or calluses. Make sure a professional examines my feet at least annually.

Brush and floss daily and keep a schedule of regular dental checkups to keep my teeth and gums healthy.

Get my eyes checked at least once a year (or more often if needed).

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