

# Blood Glucose Monitoring

CAMPBELL UNIVERSITY-APHA  
OPERATION DIABETES



## WHAT IS BLOOD GLUCOSE?

### INTRODUCTION

Blood glucose is the amount of sugar that is in your blood. When you have diabetes, your blood sugar (aka blood glucose) levels may be consistently high. Over time, this can damage your body and lead to many other problems.

### IMPORTANCE OF BLOOD GLUCOSE

It's important to keep your blood sugar levels in your target range as much as possible to help prevent or delay long-term, serious health problems, such as heart disease, vision loss, and kidney disease. Staying in your target range can also help improve your energy and mood.

## HOW DO I MEASURE MY BLOOD GLUCOSE?

### STEPS BY STEP INSTRUCTIONS & PICTURES?

**Step one:** First, begin by washing your hands. Insert a test strip into the meter.

**Step two:** Take an alcohol swab and clean the fingertip of the finger you wish to prick. Using the lancing device, prick the side of the finger. Make sure there is a new, clean lancet in the device each time it is used.



**Step three:** Touch the edge of the strip to the drop of blood, making sure enough blood is collected for the meter to provide an accurate result.



**Step four:** Your blood glucose result will appear on the meter's screen. Once you have recorded your blood glucose level, you may discard the test strip. Be sure to discard the used lancet in a sharps container. If you do not have a sharps container available, you may place the lancet into a milk jug.

Blood sugar testing: Why, when and how. Mayo Clinic.  
<https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/blood-sugar/art-20046628#:~:text=Insert%20a%20test%20strip%20into,screen%20after%20a%20few%20seconds>. Published January 21, 2020. Accessed February 6, 2021.

## WHAT DO MY BLOOD GLUCOSE READINGS MEAN?

### NORMAL BLOOD GLUCOSE LEVELS

A fasting blood glucose level is when you first awake in the morning before eating breakfast. A normal fasting blood glucose level ranges from 70 - 100 mg/dL.

Post meal blood sugar levels are checked 2 hours after eating a meal. A normal post meal blood glucose level ranges from 70 - 140 mg/dL.

### PREDIABETES

Prediabetes is blood glucose levels higher than normal, but not yet high enough to be diagnosed with diabetes. Fasting blood glucose levels range between 101 - 125 mg/dL and a post-meal level of 141 - 200 mg/dL.

### DIABETES

The goal blood glucose of a diabetic patient is a fasting blood glucose of less than 130 mg/dL and a post-meal level of less than 180 mg/dL.

Blood Sugar Classification	Fasting Blood Sugar Levels (mg/dL)	Post-Meal Blood Sugar Levels (mg/dL)
Normal	70 - 100	70 - 140
Prediabetes	101 - 125	141 - 200
Diabetes	≥125	≥200

