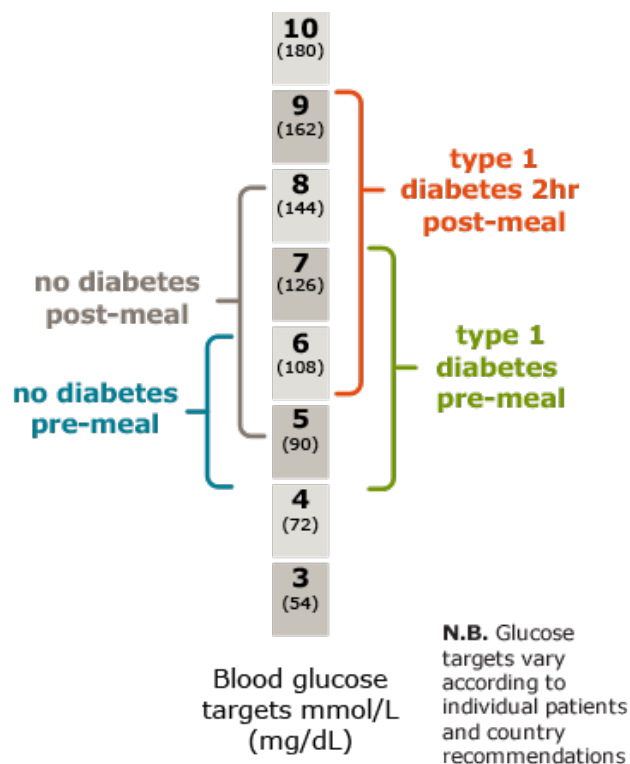




# Monitoring and recording your Blood glucose level in Type 1 Diabetes

Taken From: <https://www.novonordisk.com/patients/diabetes-care/type-1/Living-with-type-1-diabetes/Monitorig-and-recording.html>

If you have just been diagnosed with **type 1 diabetes** or if you are beginning to self-manage your condition, the following information will help you to understand why and how to monitor blood glucose.



## Why do you need to monitor and record?

Maintaining target blood glucose levels is a lot to think about at first – it requires constant attention to your diet, exercise and treatment, but the more you do it, the easier it becomes.

Unless you measure your blood glucose levels you won't know how well you're doing in terms of diabetes control; and unless you keep records, you won't be able to notice changes or work out how things can be adjusted to help you manage better.

Monitoring and recording puts you in charge of your diabetes, and that's important.

**You might hear different phrases used for measurements taken at different times, for example:**

- **Fasting** – this is a measurement taken first thing in the morning before breakfast, when your blood glucose is at its lowest
- **Pre-meal** – this is a measurement taken just before you eat. It is useful because you can compare it to the post-meal measurement to see how much your blood glucose levels change when you eat
- **Post-meal** – this is a measurement taken one to two hours after a meal, when your blood glucose is peaking

Remember that blood glucose goes up and down throughout the day, and varies widely between individuals – get used to your personal range and values so that you know when you need to adjust your diet, activity or insulin dose.

A glucometer gives an answer in mmol/L, and HbA<sub>1c</sub> gives an answer as a percentage (or mmol/mol), so the two can't be directly compared.

## Recording

There are lots of different ways you can choose to record your measurements, and it's important to choose one that suits you because you'll be more likely to stick to it.

You could use a diary – either a normal one, or a diabetes-specific one that your doctor or nurse might be able to give you – or you might prefer to use an app on your mobile or tablet, or computer software. Some of these packages will plot your results for you so that you get a picture of how you are progressing over time.

Don't regard the values as success or failure – just ask yourself what you can learn and how you might change what you are doing. Keeping records is the only way you have of tracking your progress – don't put it off and think you will remember the day's results later on – you probably won't!

