

## If I Do Need to Test, When and How Often Should I Test?

- In the week leading up to a visit to your doctor/ diabetes team, test:
  - Three times a day for 3 days (include one weekend day). Test before breakfast and then before and after the largest meal of the day (usually supper).
- In the weeks between visits, if you need to test, **test once a week** before breakfast or another meal. Test at the same time from week to week. This will help you see changes in your overall diabetes control.

### You may need to test more often when:

- You are sick (flu or upset stomach – vomiting).
- You start a new diabetes pill or insulin.
- You start a new activity/exercise routine (only if you take certain pills).
- You are planning a pregnancy or are in the early stages of pregnancy.

Make sure you talk to your doctor/diabetes team about which of the above apply to you and your treatment plan.

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## COMPLETE WITH YOUR DOCTOR OR DIABETES TEAM

### Self-Testing of Blood Glucose:

- No need to test at this time.** We will discuss this again when we have your A1C result.

- Yes, test.**

How long should I test?

Test next \_\_\_\_\_ days **OR** \_\_\_\_\_ weeks

How often should I test?

Test \_\_\_\_\_ times per day

Suggested times \_\_\_\_\_

### What Should I Do With My Results?

- Call if your values are:**

Greater than \_\_\_\_\_ **OR**

Less than \_\_\_\_\_

- Stop testing** if your test results stay between:

\_\_\_\_\_

- Test once a week between doctor/Diabetes Centre visits.** Bring these results with you to your appointments.

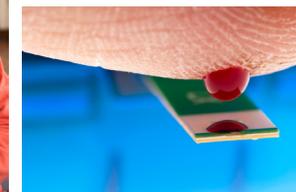
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## Testing My Blood Glucose... Testing with a Purpose

A guide for people with type 2 diabetes not using insulin



## Why is Self-Testing of Blood Glucose Changing for Some People with Type 2 Diabetes Who Don't Use Insulin?

As with most things, we know more now than we did before. This is also true for self-testing of blood glucose.

### What do we know now?

- People who take insulin injections benefit from self-testing. But studies **do not** show the same benefit in people who use pills or lifestyle changes (diet and physical activity) to manage their diabetes.
- The results from testing aren't always used as intended (to improve control). We also know that test strips can cost a lot of money.
- For some people, testing takes the focus away from other things that could improve their diabetes such as choosing healthy foods, losing weight, and being more active.

### Does This Change Affect Me?

- If your diabetes is well managed **without** insulin injections, you may not need to test as often, or at all.
- If you choose to test or continue to test, it should be done less often, for shorter periods of time, and for a specific reason. **There should be a purpose for testing!**

## Should I Test My Blood Glucose?

Your answers to these questions will help you decide.

- | No                       | Yes                      |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Is your blood glucose very high (over 10) or your A1C more than 8.5%?<br>My A1C is _____.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your doctor/diabetes team* adjusting your diabetes medication (adding new pills, increasing or decreasing the number of pills you take, or considering adding insulin injections)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your doctor/diabetes team look at and use your record of test results?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Does testing help you? How?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you pregnant or planning a pregnancy in the near future?  |

If you **take pills** for your diabetes...

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you ever get symptoms of <b>low blood glucose</b> (e.g., shaking, sweating, unexplained hunger, blurred vision)? |
|--------------------------|--------------------------|---|

**NO:** If you answered “**NO**” to all these questions:

- You **don't need to test** your blood glucose routinely.
- You should **see your doctor regularly, and get your A1C tested at the lab every 3-6 months**. This test gives an overall picture of how well your blood glucose has been controlled over the past 3 months and will help your diabetes team decide if treatment changes are needed.

**YES:** If you answered “**YES**” to any of these questions:

- You may need to **self-test sometimes**.
- Testing should be **for short periods of time**.
- Always share and discuss your test results with your doctor/diabetes team.
- To make best use of testing, your results should be used by **you and your doctor/diabetes team to adjust** your treatment plan (pills, food, and activity).

*\*Diabetes team: Health care professionals with an expertise in diabetes including diabetes educators (nurses and dietitians), pharmacists, etc.*