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.

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.

Comments: ______________________

______________________________

______________________________

______________________________

______________________________

COMPLETE WITH YOUR DOCTOR OR DIABETES TEAM

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.

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
</table>
| ☐  | ☐   | Is your blood glucose very high (over 10) or your A1C more than 8.5%?  
   | ☐   | My A1C is ___________. |
| ☐  | ☐   | 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)? |
| ☐  | ☐   | Does your doctor/diabetes team look at and use your record of test results? |
| ☐  | ☐   | Does testing help you? How? |
| ☐  | ☐   | Are you pregnant or planning a pregnancy in the near future? |

If you take pills for your diabetes...

| ☐  | ☐   | Do you ever get symptoms of low blood glucose (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.

---

The Diabetes Care Program of Nova Scotia is a Department of Health and Wellness program with a mandate “to improve, through leadership and partnerships, the health of Nova Scotians living with, affected by, or at risk of developing diabetes.”

The Canadian Agency for Drugs and Technologies in Health is an independent, not-for-profit producer and broker of health technology assessments funded by Canada’s federal, provincial, and territorial governments.