

# Do you do it enough?



- Regular tests provide valuable information for both you and your diabetes team**
- Find out what level of testing is recommended for you**
- Understand what your results mean and how to act on them**
- Consult your doctor or nurse if your blood sugar is always above 11mmol/L**

To find out more about the range of free diabetes information booklets from Roche Diagnostics call the Accu-Chek Customer Careline on

**0800 701000 (UK)**

**1 800 709600 (IRELAND)**

**[www.accu-chek.co.uk](http://www.accu-chek.co.uk)**

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**ACCU-CHEK®**  
Live life. The way you want.

Essential advice for  
people with diabetes



# Time to test



# Why do I need to ch



...like eating and  
it's something I

Going for a jog, drinks after work, eating out or a sneaky midnight snack; these are things most people take for granted, unless you have diabetes.

Doing unplanned exercise, drinking alcohol and missing meals can mean problems with your blood sugar.

But while high blood sugar levels are linked to health problems later in life,

# Check my blood sugar?

breathing,  
just have to do.

Emma, 31



low levels can give you a hypo. Only by keeping your blood sugar under control can you greatly reduce the risk of ill health now and in the future.

**Blood sugar testing is an important way of keeping an eye on what's going on - and an essential tool for managing your diabetes.**

# Making blood sugar

...the less I stick  
the more I feel

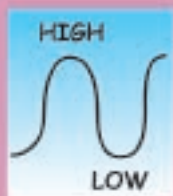
Not everyone with diabetes has to test their blood sugar regularly, but it can play an important role in your diabetes care. For people on tablets it can be helpful to clarify certain situations, and for those on insulin it provides essential information on a daily or even hourly basis.

## Blood sugar testing

An essential tool for people with diabetes

### For you

- Makes you aware of when your blood sugar's too high (10mmol/L) or too low (4mmol/L)
- Tells you how your body reacts to changes in your exercise/diet



# testing work for you

to my routine  
I should test.

Carrie, 42

## For your doctor or nurse

- Establishes control when starting/changing medication
- Tracks the effects of your treatment
- Gives information to adjust your treatment



## For your insulin treatment

- Ensures your dose meets your body's needs
- Checks your blood sugar is controlled after a meal
- Helps detect low blood sugar at night (hypos)



# How often should I t



Your diabetes is specific to you, and how often you test varies according to the type of diabetes you have, the treatment you're on and your individual circumstances.

To help guide you, an independent group of healthcare professionals have prepared general recommendations for blood testing for you to follow (unless advised otherwise by your doctor or nurse).

This should give you an idea of the *minimum* requirements to keep your diabetes on track.



# Test my blood sugar?

## For type 2 diabetes

Your treatment	How often?
<b>INSULINS</b> More than twice daily  Twice daily  Once daily	At least four times a day  Twice a day  Once a day
<b>SULPHONYLUREA TABLETS</b>  Alone or in combination with other tablets	At least three times a week
<b>OTHER THERAPIES</b>  Diet and exercise  Metformin and/or glitazones	No routine testing required (unless see right)



Adapted from the Diabetes and Primary Care publication, 'Blood glucose consensus'; by David Owens, Anthony H Barnett, John Pickup, David Kerr,

## Specific advice

### FOR ALL PEOPLE ON INSULIN

#### When to test

Include one test before breakfast (*vary the times daily*)

#### High or low blood sugar

Test if you think you are at risk, especially if you think it's low

#### Driving

Test before any journey and at 2-hourly intervals on long journeys

#### Heart or kidney problems

Follow the advice of your doctor or nurse

### FOR ALL PEOPLE ON SULPHONYLUREAS

#### When to test

Varying your test times can help show when you are at risk of low blood sugar

### FOR ALL PEOPLE ON OTHER THERAPIES

#### Test once a day if you:

- Feel unwell
- Change your therapy
- Take steroids
- Think your blood sugar is high after a meal
- Are advised otherwise by your doctor or nurse



# Test my blood sugar?

## For type 1 diabetes

Your treatment	How often?	Specific advice
All treatments	At least 4 times a day	<p><u>High or low blood sugar</u> Test if you think you are at risk, especially if you think it's low</p> <p><u>Driving</u> Test before any journey and at 2-hourly intervals on long journeys</p> <p><u>Heart or kidney problems</u> Follow the advice of your doctor or nurse</p>

## For pregnancy and diabetes

Your treatment	How often?	Specific advice
Insulin	At least 4 times a day	<p><u>When to test</u> Include a test before breakfast and a test 1 hour after eating <i>(Vary the times daily)</i></p>
Diet alone	Every 2 days	

# How do I test m

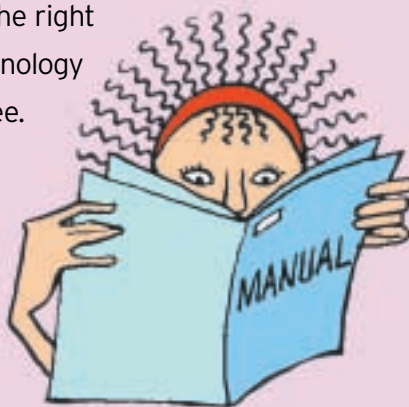


...when you te  
you want it to  
as possible.

Blood sugar testing is much easier than it used to be. In fact, with the right techniques and technology it's virtually pain-free.

All you need is a blood testing meter system, with a finger-pricker.

There are many different types of meter systems available and each offer their own range of features. While some basic meters are simple to use,

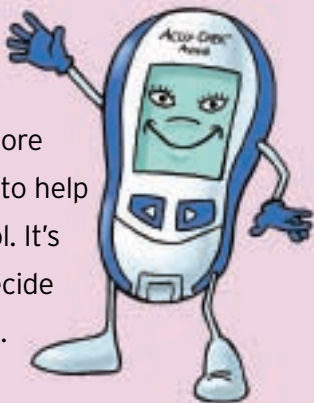


# y blood sugar?

st every day,  
be as easy

Tim, 18

others can provide more in-depth information to help you get better control. It's really up to you to decide which is right for you.



And if you're one of those people who tests a lot, you may find your fingertips get a little sore from time to time. Don't worry, there is a way you can test using other parts of your body. It's called Alternative Site Testing (AST) - check your blood meter handbook to see if yours has this facility.

# What do my r



...if I don't act  
there isn't any  
in testing at all

Testing your blood sugar is only half the story, you also have to know what the results mean, and then act on them. Here's a guide to help you get to grips with your results.

## Your blood sugar reading

Between 4 and 7mmol/L before a meal

Below 4mmol/L at any time

Above 11mmol/L two hours after a meal



# results mean?

on my results,  
point

Stuart, 46

What it means	Action
Your blood sugar is okay	None
Your blood sugar is low	<u>Below 4mmol/L</u> Take sugar, preferably 2-4 glucose tablets and then eat some carbohydrate (digestive biscuits, or bread). Wait 15 minutes and test again  <u>Always below 4mmol/L</u> Consult your diabetes doctor or nurse
Your blood sugar is high	<u>Above 11mmol/L</u> The occasional high reading is not a problem  <u>Always above 11mmol/L</u> Consult your diabetes doctor or nurse