

BLOOD GLUCOSE MONITORING FOR PATIENTS WITH TYPE 2 DIABETES NOT USING INSULIN



RECOMMENDATION



People with
Type 2 Diabetes

+



Lifestyle

OR



Medication



Most people with type 2 diabetes who manage their condition with pills or by diet alone do not need to routinely test their blood glucose levels.

Although most people with type 2 diabetes who do not use insulin don't need to test their blood glucose every day, you may consider more frequent testing when:

- ✓ Your medication (e.g., glyburide) puts you at risk of developing hypoglycemia (low blood glucose). Ask your doctor for a full list of medications that may put you at risk for developing hypoglycemia.
- ✓ You may be more at risk of developing low blood glucose (e.g., if you have developed severe or frequent hypoglycemia in the past, or during times of unexpected physical activity or inadequate nutrition).
- ✓ Your blood sugar levels are poorly controlled (more monitoring may be necessary to guide treatment change).
- ✓ Your diabetes medications change (your blood glucose levels will change in response to the new treatment).
- ✓ You are sick (your blood glucose levels may change in response to my illness).
- ✓ You are pregnant or you are planning a pregnancy.

Test results should be used to prevent low blood sugar or direct adjustment to medication.

Patient: _____

Health care provider signature: _____

Tips for Managing Your Type 2 Diabetes

Taking control of your diabetes involves more than just monitoring your blood glucose (sugar) levels. The tips below, along with regular visits with your diabetes team, can help you effectively control your diabetes and stay healthy. Remember: You are the most important person caring for your health.



- Eat 3 balanced meals a day that include high-fibre foods (whole grains, vegetables, fruits). Limit your intake of sugar (regular pop, desserts, candies), fat, and salt.



- Get active! You should aim for 30 minutes of aerobic activity 5 days per week, and include strength training several times a week.



- Talk to your health care team about how often you should test your blood glucose levels and what your goals should be.



- Take your prescribed medication, even when you are feeling good, and keep an up-to-date list of your medications to review with your doctor during appointments.



- Talk to your health care team about your A1C test results — what your A1C target should be and what you can do to reach your goal.



- Maintain a healthy blood pressure (target below 130/80 mmHg).



- Know your blood fat (cholesterol) goals and results.



- Stop smoking. Talk to your health care team about resources that are available to help you.



- Talk to your health care professional about any depression or anger you may feel.



- Inspect your feet daily: Look for cuts, blisters, warm red areas, or calluses. Make sure a professional examines your feet at least annually.



- Brush and floss your teeth daily and keep a schedule of regular dental checkups. Schedule a regular eye exam.