

## Glucose Monitoring

Some of the common causes of high blood glucose levels are:

- Not carb counting accurately.
- Not taking enough insulin.
- Feeling stressed or ill.
- Hormonal changes.

The common symptoms of high blood glucose levels are:

- Feeling thirsty.
- Feeling tired.
- Headaches.
- Going to the toilet a lot.



Some of the common causes of low blood glucose levels are:

- Taking too much insulin.
- Physical activity.
- Hot weather.
- Missing meals.

Some of the symptoms of low blood glucose levels are:

- Feeling hungry.
- Feeling shaky.
- Feeling sweaty.
- Blurry vision.



If I'm going low then I have to check my blood glucose levels straight away. And if I am low, I need to treat the low and wait 15 minutes and repeat this if I'm still low.

If I'm going high, then I have to check my blood glucose levels straight away. And if I am high, I need to do a correction dose to bring the level down.

High glucose levels over many years can have harmful effects on the body. The common ways to check blood glucose levels are to do a finger prick or use a CGM to monitor the level.



It is important to check your blood glucose levels regularly throughout the day, so you can give extra insulin if needed.

Bolus the right amount of food you're eating and check if the pump is working.

Reviewing diabetes data is important because it helps you understand blood glucose patterns and then you can decide whether you need more or less insulin. I also share my data with my clinic so that they can review it and this is usually before an appointment.