

## Glucose Monitoring

**The signs of high blood glucose levels are:**

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

When I'm high, I often feel sick, tired, and irritable.



**The signs of low blood glucose levels are:**

- Feeling hungry.
- Sweating.
- Shaking.



I use my tech to see my blood glucose levels, and then I can act if they're high or low. I also review the data to spot patterns.

I'm aiming for blood glucose levels 4-10mmol/L. New guidance for pump users suggests 3.6-7.8mmol/L.



I have a finger pricker and a blood glucose meter, and I use them when I need to. When my alarms go off, I check the numbers and arrows and work out what I need to do.

I'm aiming for an HbA1c of 48mmol/mol or less, which isn't easy, but it reduces health problems in the future. I chat with my parents and the diabetes team about my levels and this helps me understand what's going on.

