

Glucose Monitoring

On a glucose monitor, the number means the amount of glucose in the blood.

The times you need to check your blood glucose levels are when you wake up, when you go to sleep, when you're eating, when feeling low or high, and at any other time that is relevant.

I'm aiming for blood glucose levels of 4-10mmol/L. I have a finger pricker and a glucose meter and 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. If I'm not sure what to do I'll ask an adult for help.

I'm aiming for an HbA1c of 48mmol/mol or less which isn't easy. My parents keep a record of my insulin doses and glucose readings and share these with my diabetes clinic.