

Glucose Monitoring

The signs of high blood glucose levels are:

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



Some things that can cause high blood glucose levels are:

- Not taking insulin.
- Not calculating carbs correctly.
- Pump failure.
- Cannula leak.

Some things that can cause low blood glucose levels are:

- Taking too much insulin with a meal.
- Exercise.
- Hot or cold weather.
- Not eating a meal.

I use my tech to see my blood glucose levels, and then I can act if they're high or low.

I'm aiming for blood glucose levels of 4-7mmol/L. (New guidance for pump users suggests 3.6-7.8mmol/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 chat with my parents and my diabetes team about my levels, and this helps me understand what is going on.

I'm aiming for a HbA1c of 48mmol/mol or less, which isn't easy, but it reduces health problems in the future.