

# Diabetes & Monitoring



## National Diabetes Center

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- **Blood Sugar Monitoring**

Blood sugar monitoring is a valuable diabetes management tool to help patients control their blood sugar levels and avoid acute and chronic diabetes complications.

- **The importance of blood sugar monitoring:**

1. Achieve normal blood sugar levels.
2. Avoid low or high blood sugar.
3. Accurate information about blood sugar levels helps doctors determine the most appropriate treatment.
4. It helps in understanding the effects of exercise and food on blood sugar levels.
5. It helps in understanding the effects of healthy and unhealthy foods on blood sugar levels.

- **When to check your blood sugar?**

1. Fasting (8 hours) and before meals.
2. 2 hours after all major meals.
3. At bedtime.
4. Before exercising.

- **What are 'normal' blood sugar levels?**

Blood sugar targets are individualized, based on the duration of the disease, the patient's age, and comorbidities.

\* Before meals: 80-130 mg/dl.

\* 2 hours after meals: :Less than 180 mg/dl.



- **Ways to check blood sugar levels:**

1. Finger prick using a glucometer
2. Continuous blood glucose monitoring
3. Blood drawing in the laboratory

After checking your blood sugar, write the results down and review them.

If your readings are outside your normal range, don't hesitate to call your healthcare provider.

Discuss the timing and frequency of blood sugar testing with your healthcare team.