



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Glucose Monitoring



Why should I check blood sugar?

- To know the changes that occur to you because of treatment.
- To prevent dangerous complications on nerves, blood vessels and kidneys
- To prevent blood sugar from drop below the required level.



What are the types of blood sugar testing?

1. Fasting test:

This test requires fasting before the test, so you should abstain from eating and drinking for at least **8 hours**. If the test result is more than **126 mg** of sugar in the blood, then you have diabetes. In this case, we recommend that you confirm by re-testing the fasting blood on another day.



2. Non-fasting test:

This test does not require fasting, but it measures the blood sugar level at the time a blood sample is taken during the day.



3. Blood test during multiple hours:

This test is done **1-2 hours** after meals to assess your body's response to glucose.



What are the types of blood sugar testing?

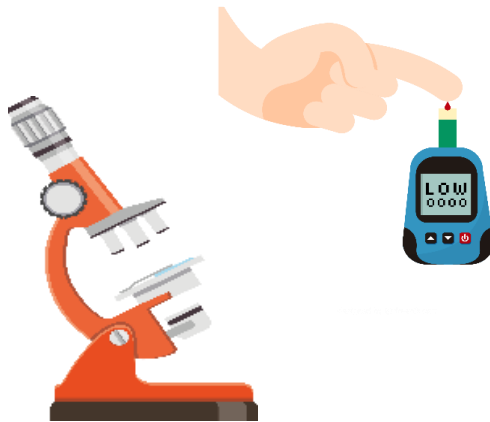
4. Glycated hemoglobin (HbA1C) test:

It is preferable to perform this test every **three months**, as it reflects the blood sugar level in the last three months. This test is important in assessing the extent of controlling your blood sugar level as well as the risk of developing chronic complications resulting from hyperglycemia for long periods of time.



What is the tool of measuring blood sugar?

You could do that in the laboratory or by using test devices which are considered as accurate and easy use devices



What is the favorite time for use of glucose meter?

It depends on the type of diabetes and the conditions associated with it, but it is often:

Before Meals



Two hours after the meal

Before bedtime



2: 00 AM or 3:00 AM

Do the measuring times vary according to diabetes type?

Yes, sure.

Type 1 diabetes:

You should test your blood sugar daily before any meal and before going to bed, or at least 3 times per week.



Do the measuring times vary according to diabetes type?

Type 2 diabetes:

If you take insulin, check your blood sugar 2- 4 times per day.



If you take tablets, check your blood sugar once or twice daily. The first time should be before breakfast.



If you have diabetes type 2, and you only depend on the diet and sport in treating the diabetes, you should check it before breakfast and after the meal in one or two hours.



What are cases require additional tests to check glucose level?

Before setting the suitable insulin



During pregnancy

symptoms of high/ low blood sugar



Before sport and stressful activity

Before driving specially with repeated hypoglycemia.



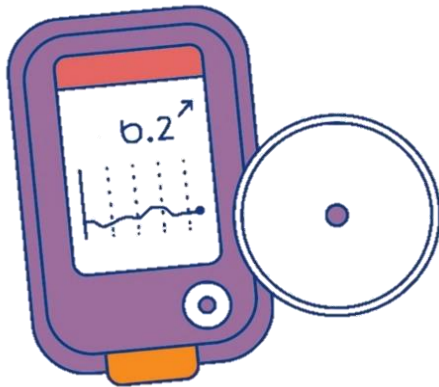
In case of infection with other

food style and sport program change



What is continuous glucose monitor (CGM)?

A continuous glucose monitor is a small device that you wear just under your skin. It measures your glucose (sugar) levels continuously throughout the day and night, letting you see trends in your levels and alerts you to highs and lows. It sends this information to a display device using Bluetooth.



ماهي معدلات السكر في الدم؟

	Diabetic	Non-diabetic
Fasting	130 – 80 mg/ dL	99 – 70 mg/ dL
Before eating	130 – 80 mg/ dL	99 – 70 mg/ dL
2 hours after eating	Less than 180 mg/ dL	140 mg/ dL

Normal	Pre- diabetes	Diabetic
Less than 100 mg/ dL	110 – 125 mg/ dL	More than 126 mg/ dL
Less than 5.7	5.7 – 6.4	+ 6.5

Sources and References:

American Diabetes Association, ADA

Review and Audit:

The content of this booklet is reviewed by
Diabetes Unit Consultants at King Fahd University
Hospital.

Health Awareness unit

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