

GUIDELINES FOR BLOOD GLUCOSE TESTING

What are the blood glucose targets for people with diabetes?

Targets set by the American Diabetes Association (ADA) and the American Association of Clinical Endocrinologists (AACE) are listed below. Talk with your health care team about your personal goals.

	ADA Targets for Blood Glucose	AACE Targets for Blood Glucose	My Personal Goals
Before meals	80-130 mg/dl	80-110 mg/dl	
2 hours after meals	Less than 180mg/dl	Less than 140mg/dl	
Hemoglobin A1c	Less than 7%	Less than 6.5%	

What can make blood glucose rise?

- a meal or snack with more food or more carbohydrates (carbs) than usual
- physical inactivity
- not enough diabetes medicine
- side effects of other medicines
- infection or other illness
- changes in hormone levels, such as during menstrual periods

What can make blood glucose fall?

- missing a meal or snack, or having a meal or snack with less food or fewer carbs than planned
- alcoholic drinks, especially on an empty stomach
- more activity than planned
- too much diabetes medicine
- side effects of other medicines

Day	Breakfast		Lunch		Dinner		Bedtime	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
	Carbs	Insulin	Carbs	Insulin	Carbs	Insulin	Carbs	Insulin
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