

BLOOD GLUCOSE TESTING

FREQUENTLY ASKED QUESTIONS

WHY ARE WE CHECKING BLOOD SUGAR?

You have been given a glucometer because you are positive for type 1 diabetes associated antibodies. Antibodies develop in the blood before a person gets type 1 diabetes. They indicate the immune system may be damaging the insulin-making cells in the pancreas. Having these antibodies does not mean that you will definitely get diabetes but we do think their risk of developing diabetes in the future is significantly increased. Testing your blood sugar will help you with monitoring at home. By catching type 1 diabetes earlier, it can be easier to treat and control.

WHEN SHOULD YOU TEST BLOOD SUGARS?

We recommend checking blood sugars at least 1 time per week and daily if ill. It is most informative if you check the blood sugars 2 hours after eating in the evening, but you can check a blood sugar any time it's convenient. Remember to always wash hands with soap and water before testing to prevent any false readings.

WHAT SHOULD A CHILD'S BLOOD SUGAR BE?

Children sometimes have higher sugars than adults. If the blood sugar is over 200 you need to call us right away.

SEE REVERSE SIDE...

WHAT ELSE SHOULD I LOOK FOR?

Symptoms of diabetes can appear gradually or suddenly depending on the child. Watch for:

- **Excessive thirst**
- **Excessive urination**
- **Getting up at night to urinate or bed wetting** in a previously "dry" child
- **Change in appetite:** May not want to eat but still want to drink, or may be extra-hungry
- **Loss of energy**
- **Behavior changes**
- **Vomiting without diarrhea or fever**
- **Heavy breathing**
- **Not gaining weight or losing weight** — may look like a growth spurt

HOME GLUCOSE TESTING

Test 1 time per week and every day during illnesses

TIME blood glucose (BG) was tested	NORMAL BG	ELEVATED BG	HIGH BG
FASTING No food or drinks with any sugar for at least 8 hours	Below 100	100 – 124	125 or higher
2 HOURS after meals	Below 140	140 – 199	200 or higher
Contact Name: _____ Contact Phone: _____			Repeat test and contact your healthcare provider



If the meter displays “HI” (no number displayed) your blood sugar reading is **over 300 mg/dL. This is a life-threatening situation and a medical emergency. Contact your nearest urgent care or emergency department.**

Home Glucose Testing Reminders

A HIGH blood glucose (BG) on home testing is not sufficient to diagnose diabetes; it should be confirmed by a health care provider.

If your child has a HIGH BG level, wash the child’s hands with soap and water again and retest.

If the BG is still HIGH, follow the instructions in this chart (see reverse).

Remember to monitor for symptoms of T1D

- **Drinking more fluids than usual**
- **Urinating much more frequently than usual**
- **Vomiting or feeling sick**
- **Losing weight or losing energy**