

HOME GLUCOSE TESTING

Test 1 time per week and every day during illnesses



Ask the Experts

FOR EARLY T1D ANSWERS AND GUIDANCE

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
PREFERRED METHOD 2 HOURS after meals	Below 140	140 – 199	200 or higher

**Repeat test
and contact your
healthcare provider**

Contact Name: _____

Contact Phone: _____



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.**