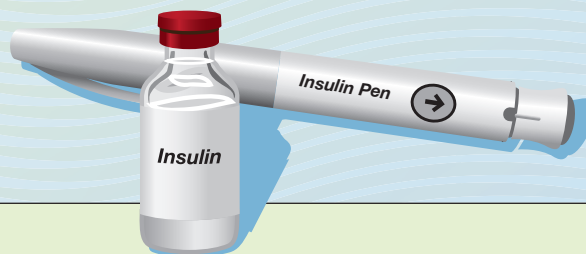


# Making Sense of Monitoring

What the numbers tell you — if you use insulin.



<i>If you check...</i>	<i>You may learn...</i>
<b>Before breakfast/fasting</b>	Whether your insulin from the day before was the right amount to keep your morning blood sugar in your target range.
<b>Before lunch</b>	Whether your morning insulin was the right amount for your morning food and physical activity.
<b>Before dinner</b>	Whether the insulin you used earlier in the day matched your food and physical activity by dinner time.
<b>2 hours after the start of a meal</b>	Whether your mealtime insulin was the right amount for the amount of food you ate.
<b>Before bedtime</b>	Whether your blood sugar is in your target range, and whether you need an adjustment in insulin or food.
<b>3 A.M.</b>	Whether your treatment plan is working to keep your blood sugar level in target through the night. You may notice swings in blood sugar out of target range that require you to take action.

Additional factors may affect your blood sugar levels. Work with your doctor and your diabetes care team to learn how to use your blood sugar test results.

**Medicare Part B patients:** Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.  
**Web site:** [www.RxSolutions.com/diabetes](http://www.RxSolutions.com/diabetes)

Source: Adapted from *The Art and Science of Diabetes Self-Management Education*, American Association of Diabetes Educators, 2006.

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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