

Making Sense of Monitoring

What the numbers tell you — if you use oral diabetes medications.



| <i>If you check...</i> | <i>You may learn...</i> |
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| Before breakfast/fasting | Whether your medication from the day before was the right amount to keep your morning blood sugar in your target range. |
| Before lunch | Whether your medication was the right amount for your morning food and physical activity. |
| Before dinner | Whether the medication you took earlier in the day matched your food and physical activity by dinner time. |
| 2 hours after the start of a meal | Whether the food you ate was the right amount for the amount of medication you took. |
| Before bedtime | Whether your blood sugar is in your target range to be safe through the night. |
| 3 A.M. | Whether your treatment plan is working to keep your blood sugar level in target range through the night. |

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

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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