

# ACCU-CHEK® Testing in Pairs



## Focus on one thing and see the change with before and after

This simple tool helps you track your blood sugar before and after specific events to see how the things you do affect your blood sugar. For just 7 days, see what works for you.

### Before you start, what would you like to learn about your blood sugar?

#### Here are some ideas others have shared:

- On weekends, why is my blood sugar higher after breakfast?
- Will walking after dinner help my blood sugar?
- Why am I tired after dinner?

**Note:** This tool does not replace your logbook, which is helpful for your routine testing.

**Mary's Example** of checking her blood sugar before and 2 hours after breakfast.

**1** Start with a simple question, and use your blood sugar results to see what works for you.

**2** Each day, check your blood sugar before the meal or activity, and write the number in the **Before** column. Check it again at a specific time after the meal or activity, and write it in the **After** column.

**3** How did your blood sugar change?

**What do I want to learn?**  
*How does breakfast affect me?*

Day	Before	After	Change	Notes:
<sup>1</sup> Jan 26	110	210	100	2 granola bars
<sup>2</sup> Jan 27	130	280	150	pancakes, grits
<sup>3</sup> Jan 28	125	255	130	2 cinnamon rolls
<sup>4</sup> Jan 29	120	220	100	2 granola bars
<sup>5</sup> Jan 30	110	155	45	1 granola bar
<sup>6</sup> Jan 31	108	148	40	1/2 cinnamon roll
<sup>7</sup> Feb 1	127	157	30	eggs, 1 toast

**What did I learn?** *Wow - what and how much I eat really matters*

**What can I do next?** *Be aware of my serving sizes*

**What questions do I have for my healthcare provider?**

*Do I count calories as well as carbs?*

*Will my overall health improve?*

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Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

*(For your healthcare provider's records)*

**The American Diabetes Association (ADA) and American College of Endocrinology (ACE) recommend:**

	ADA	ACE
<b>Before meal</b>	70–130 mg/dL	<110 mg/dL
<b>After meal</b>	<180 mg/dL 1–2 hours after the start of the meal	<140 mg/dL 2 hours after the start of a meal

What do I want to learn?			
Day	Before	After	Change
1			
2			
3			
4			
5			
6			
7			

**Notes:**

*Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.*

**What did I learn?**

**What can I do next?**

**What questions do I have for my healthcare provider?**

Visit [accu-chek.com](http://accu-chek.com) for more tips and tools on managing your diabetes.



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