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**Blood Glucose Checks**

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**How Often Should I Check My Blood Glucose?**

This depends on the medications you take and your lifestyle. People with type 2 diabetes who don’t take a medication that raises the risk for low blood glucose (such as insulin or sulfonylureas) can check less often than those on insulin. People with type 1 and type 2 who use insulin, especially those who use both long- and rapid-acting insulins, might do several finger sticks a day. People with tighter glucose targets may need to check more frequently to avoid lows. Work with your health care team to come up with a plan that works best for you.

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**Where to Check**

Fingers are best. Some devices allow you to draw blood from your upper arm, thigh, or calf, though readings from these sites can lag behind finger-stick readings and shouldn’t be used if you think your blood glucose is low or when your blood glucose is changing rapidly, such as after a meal.

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**Before a Meal**

80 to 130 mg/dl

**1 to 2 Hours After Beginning a Meal**

Less than 180 mg/dl

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**Stay on Target**

Blood glucose targets can vary depending on age, how long you’ve had diabetes, diabetes-related complications, and pregnancy, but the American Diabetes Association recommends the following for most adults with diabetes.

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**I Know My Numbers. Now What?**

Log those results! Keeping track of your numbers electronically or with a paper logbook will help you figure out the foods and activities that most affect your glucose levels. Share with your health care team and work together to fine-tune your management plan.

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