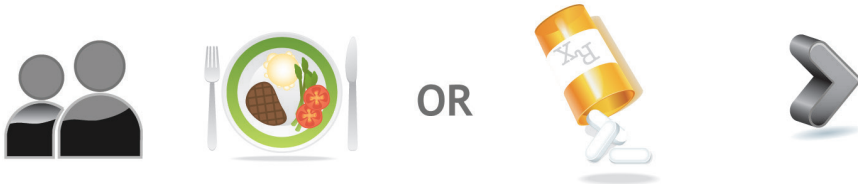


BLOOD GLUCOSE MONITORING FOR PATIENTS WITH TYPE 2 DIABETES NOT USING INSULIN

Type 2 diabetes managed with pills or by diet alone


Recommendation



Most people with type 2 diabetes who manage their condition with pills or by diet alone do not need to routinely test their blood glucose levels.[†]

Although most people with type 2 diabetes who do not use insulin don't need to test their blood glucose every day, I may consider more frequent testing when:

 **My medication (e.g., glyburide)* puts me at risk of developing hypoglycemia (low blood glucose)**

 **I may be more at risk of developing low blood glucose (e.g., if I have developed severe or frequent hypoglycemia in the past or during times of unexpected physical activity or inadequate nutrition)**

 **My blood glucose levels are poorly controlled – more monitoring may be necessary in order to guide treatment change**

 **My diabetes medications change – my blood glucose levels will change in response to the new treatment**

 **I am sick – my blood glucose levels will change in response to my illness**

 **I am pregnant or I am planning a pregnancy.**

Test results should be used to prevent low blood sugar or direct adjustment to medication.

** Ask your health care provider for a full list of medications that may put you at risk of developing hypoglycaemia.*

† Canadian Agency for Drugs and Technologies in Health. Optimal therapy recommendations for the prescribing aid and use of blood glucose test strips. Ottawa: The Agency; 2009 Jul. (Optimal therapy report; vol. 3 no. 6).

Health care provider signature: _____

TIPS FOR MANAGING MY DIABETES

Taking control of your diabetes involves more than just monitoring your blood glucose (sugar) levels. The tips below, along with regular visits with your diabetes team, can help you effectively control your diabetes and stay healthy, along with regular visit with your diabetes team. Remember that you are the most important person caring for your health.

Eat 3 balanced meals that include high-fibre foods (whole grains, vegetables, fruits). Limit my sugar (regular pop, desserts, candies), fat, and salt intake.



Get active! I should aim for 30 minutes of aerobic activity 5 days per week and include strength training several times a week.

Talk to my health care team about how often I should test my blood glucose levels and what my goals should be.



Take my prescribed medication, even when I am feeling good, and keep an up-to-date list of my medications to review with my doctor during medical appointments.

Talk to my health care team about my A1C test results - what my A1C target should be and what I can do to reach my goal.



Maintain a healthy blood pressure (target below 130/80 mmHg).

Know my blood fat (cholesterol) goals and results.



Stop smoking. talk to my health care team about resources that are available to help me.

Talk to my health care professional when I have sad feelings about living with diabetes.



Inspect my feet daily, looking for cuts, blisters, warm red areas, or calluses. Make sure a professional examines my feet at least annually.

Brush and floss my teeth daily and keep a schedule of regular dental checkups to help prevent oral complications. Schedule an annual eye exam (or more often if indicated).

