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

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

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

†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).