






# 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.<sup>†</sup>**

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).*



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