

# Self-Monitoring Blood Glucose



The Diabetes, Endocrine & Metabolism Centre offers one-stop accessible care to patients and is staffed by experienced endocrinologists, diabetes nurse educators, podiatrists and dietitians to manage patients' diabetes, thyroid problems, obesity and other related disorders. Patients with lipid, calcium and bone disorders, pituitary disorders, adrenal disorders and endocrine hypertension can approach us to find out more.

My HbA1c is \_\_\_\_\_%

My Goal is \_\_\_\_\_%

## Haemoglobin A1c

Haemoglobin A1c (HbA1c) is a blood test that shows your average blood glucose (sugar) level over the past 2 to 3 months. It indicates how well you are coping with diabetes over this period. For most people, HbA1c should be less than 7%. However, you need to check with your doctor or diabetes nurse educator what your level should be. Some people need to have a higher or lower HbA1c. Keeping HbA1c at your target level helps to prevent damage to your eyes, kidneys and nerves. It may also prevent heart attacks and strokes.



# Self-monitoring of Blood Glucose

Checking your blood glucose at home can help you to improve your blood glucose control, especially if you are on insulin. It provides information on how food, exercise and medicine affect your blood glucose level.

Your doctor or diabetes nurse educator can help you to decide which meter is most suitable for you. He/ she will also teach you how to use the meter.

For most meters, you may follow the steps below to check your blood glucose:

- Wash hands well with soap and water and dry them thoroughly
- Insert test strip into meter reader
- Squeeze your finger
- Prick the side of your finger with the lancet
- Squeeze out a drop of blood. Make sure the drop is big enough
- Place the drop of blood onto the test strip
- Record the blood glucose reading

Your doctor or diabetes nurse educator will advise you on the best time to check your blood glucose, and give you a booklet to record your blood glucose.

Generally the best times to check your blood glucose are:

- Before meals or two hours after meals
- When you feel giddy, confused, sweaty or very hungry
- Before and after exercise
- When you are sick or not eating well

# Target

Test	Optimal	Sub-optimal	Unacceptable
HbA1c (%)	6.5 – 7.0	7.1 – 8.0	>8.0
Blood glucose before meal (mmol/L)	6.1 – 8.0	8.1 – 10.0	>10.0
Blood glucose 2 hours after meal (mmol/L)	7.1 – 10.0	10.1 – 13.0	>13.0

Date	Tablets/ insulin dose	Breakfast		Lunch		Dinner		Night	Remarks
		Before	2hr after	Before	2hr after	Before	2hr after		

## References:

- HealthHub. (29 Jan 2018) Blood Glucose Monitoring. Retrieved from: <https://www.healthhub.sg/a-z/diseases-and-conditions/669/blood-glucose-monitoring>
- HealthHub. (29 Jan 2018) Blood Glucose Meters. Retrieved from: <https://www.healthhub.sg/a-z/medical-and-care-facilities/34/blood-glucose-meters>

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

[www.juronghealthcampus.com.sg](http://www.juronghealthcampus.com.sg)

## Clinic opening hours

Monday – Friday 8.30am – 5.30pm, Saturday 8.30am – 12.30pm

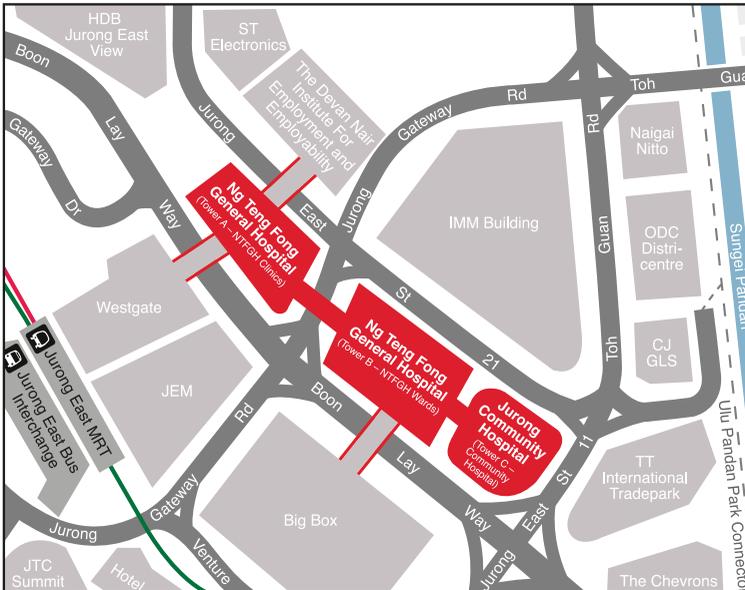
Dental clinic: Monday – Thursday 8.00am – 5.30pm, Friday 8.00am – 5.00pm

## Appointments

Appointment line: 6716 2222

Dental appointment line: 6716 2233

## Getting there



### By train

Jurong East MRT Station

### By bus

#### From Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

99, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.