

For tablet and diet controlled type 2 diabetes: when to test and what to do with the results

If you are managed by diet or tablets, you should self monitor if advised to do so by your GP or Practice Nurse. Certain tablets may cause low blood sugar and you should discuss the need to monitor blood sugars with your GP or Practice Nurse.

Sugar under 4mmol/L (this is a hypo)	Treat your low blood sugar (hypo). Make an appointment with your GP or practice nurse as soon as possible they will want to review your medication.
Sugar 4-7mmol/L (well controlled)	This shows your diet, activity and medication is working well. You should continue to test weekly before having anything to eat or drink in the morning.
Sugar 7-10mmol/L	Continue to test weekly and check your diet and activity levels. If no improvement go to your GP or practice nurse with 2 week's worth of readings. They may want to review your medication.
Sugar 10mmol/L or over on 2 out of 3 occasions	Continue to test 3 times a week, check your diet and activity levels. Then go to see your GP or practice nurse with a weeks worth of readings. They may want to review your medication.
Sugar mostly 15mmol/L or over (hyperglycaemia)	Test once a day at different times (see over). Check your diet and activity levels. You may feel symptoms from your high blood sugars such as thirst, tiredness and blurred sight. You need to see your GP or practice nurse with 4 days worth of readings. They may want to review your medication.

Remember:

Record your blood readings in your record book and **always** have your book and meter with you at appointments.

Test blood sugar (glucose) before having anything to eat or drink in the morning. Your GP or practice nurse may ask you to test at other times, they will discuss this with you.

You may be asked to do more testing when first diagnosed or if your medication is changed. This is so your control can be improved as quickly as possible. When your diabetes is well controlled and stable regular testing is unlikely to be necessary.

You should test if you feel unwell or if you think you are having a "hypo".

In the event of acute illness and feeling unwell and blood sugar constantly above 15mmol/L see your GP as soon as possible.

Contact us:

NHS NEW Devon CCG CEMO team
CCG Website: www.newdevonccg.nhs.uk
Telephone: 01392 205 205

This leaflet is also available in Braille, large print and other languages on request.

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Northern, Eastern and Western Devon
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Blood sugar (glucose) monitoring: Testing with a purpose



Guidance for those with diabetes not using insulin

Knowing what to do with the results

Self monitoring of blood sugar

This leaflet provides guidance to those patients with type 2 diabetes, who are not using insulin on when it is appropriate to test and what to do with the results.

Home blood sugar testing is **not** needed by everyone, especially if you are managed by diet only or diet and metformin or pioglitazone.

- Blood monitoring may be useful in the following cases:

- * Those newly diagnosed with diabetes

- * Those who experience **hypoglycaemia** low blood sugar below 4mmol/L (see over)

- * Or **hyperglycaemia** high blood sugar above 15mmol/L (see over)

- * Those with diabetes who are unwell

- * Patients whose diabetes treatments have been changed

- * Patients advised to monitor their blood glucose by their GP or practice nurse

- * Patients taking tablets that increase their insulin production called **sulfonylureas** (e.g. gliclazide and glipizide) or **glinides** (e.g. nateglinide and repaglinide) need to take extra care to avoid low blood sugar (**hypos**) when driving. Other drugs may increase the risk of hypos, if you are unsure, please check with your GP or Pharmacist

- * Further information about blood testing and driving can be found on the DVLA website www.dft.gov.uk/dvla/medical.aspx or alternatively talk to the Drivers Medical Group at the DVLA on 0300 790 6806. Additionally a further leaflet on safe driving with diabetes and the DVLA is available here: <http://tinyurl.com/drivingleaflet>

- It is important that you **wash your hands before undertaking finger prick testing**
- Testing your blood sugar can be done in the morning **before** you have anything to eat or drink. It can be done at other times before lunch, before evening meal or before bed. You should only do this after talking to your GP or practice nurse
- Blood sugar targets are generally between 4-7 mmol/L. For further guidance on what to do with results outside this range please refer to the diagram overleaf.

Blood sugar testing devices

- Make sure you speak to your GP or practice nurse before you consider buying a blood glucose testing machine
- Make sure you know how to use your blood glucose testing device; your GP or practice nurse can provide further advice if needed
- When you test your blood sugar you should test a drop of blood from your finger unless your doctor or nurse tells you to test from an alternate site
- If the warranty card is completed, the manufacturer of the meter will usually replace batteries, faulty equipment and control solutions free of charge
- There is no need to regularly change your testing device. However, it is recommended that you check the accuracy of your meter regularly with the control solution
- Make sure you record the expiry date of your test strips as some strips have a short expiry date once the pot has been opened.

What is an HbA1c test?

- There is another test to monitor your diabetes control. This is a blood test called an HbA1c
- When you have a diabetes check-up, a blood sample for the HbA1c is taken. This is a long term blood sugar test. It measures the amount of sugar “stuck” to your red blood cells over a period of 6 to 12 weeks
- Your GP or practice nurse will look at this result along side your home blood testing results
- The healthy range for your HbA1c is between 48-58mmol/mol
- Your GP or practice nurse can tell you more about the changes in HbA1c. Alternatively you can find out more information from Diabetes UK online www.diabetes.org.uk or by calling the Diabetes UK care line on 0345 123 2399.

Remember:

- Test only if you have been advised to by your healthcare professional
- Your GP will prescribe the appropriate quantity of test strips suitable for you to manage your diabetes
- Testing more frequently than advised will give you more results, but this will not necessarily give more meaningful results.
- Order only the amount of blood glucose test strips you need
- The average cost to the NHS for a pack of 50 blood glucose test strips is £15

