Recording Your Blood Sugars

For diabetics who take only oral medications (not insulin), I recommend that you check your sugars twice a day on 2 to 3 days per week. Since you are not changing your regimen of medication every day, there is no need to check more frequently than this. The goal is to provide enough information over the course of a few months to figure out where your sugars are too high or too low.

I recommend that you "mix it up" a bit – one day, check your sugar before lunch and 2 hours after lunch. On another day, check it 2 hours after breakfast and at bedtime. On another day, check it before breakfast and before supper. If you record these sugars on a flowsheet (like the one below), at a glance, you can get a pretty good idea of what your sugars are doing.

Date	Breakfast	2 hours later	Lunch	2 hours later	Supper	2 hours later	Bedtime