Checking Blood Glucose (BG) and Blood Glucose Goals

When do you check blood glucose?

You will check your blood glucose at home using a blood glucose meter (glucometer).

You should check your blood glucose:

- before meals, before bedtime, and at 2am (5 times per day), and
- when there are symptoms of high or low blood glucose

What are your blood glucose goals?

Here are starting blood glucose goals:

<table>
<thead>
<tr>
<th>Age</th>
<th>Blood Glucose Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 5 years old</td>
<td>71-180 mg/dL</td>
</tr>
<tr>
<td>5 years and older</td>
<td>71-150 mg/dL</td>
</tr>
<tr>
<td>At bedtime</td>
<td>101-200 mg/dL</td>
</tr>
</tbody>
</table>

The goal is to keep blood glucose in the target range most of the time. Target blood glucoses will change as you learn more about diabetes. Some things to keep in mind:

- Targets may be different based on age, size, activity level, pancreas function, etc.
- There will always be a rise in blood glucose after meals. The goal is for the blood glucose to come back down to target range before the next meal.
- You will learn to treat blood glucose 70 mg/dL or less with fast-acting carbohydrate (see page on “Hypoglycemia”). Blood glucoses in the 71-80 mg/dL range are safe, but if blood glucoses are dropping, we want you to treat them with carbohydrate before they reach lower levels.
- If blood glucoses are frequently outside your goal range, then insulin dose adjustments may be needed.