

Monitoring Blood Sugar

How to check Blood sugar



Wash and dry hands.



Prepare the lancet device



Insert the test strip into glucometer



Prick your finger



Apply drop of blood to test strip



Read results

Tips for Blood sugar testing

- Avoid the index finger and thumb (preferably prick the ring finger)
- Prick the side of the finger
- Do not use an alcohol swab to clean the finger (use dry cotton)
- Blot the first blood and do not squeeze the blood out.

Blood sugar level and what to do

FBS VALUE	CLASSIFICATION	SYMPTOMS	WHAT TO DO
< 4.0 mmol/l	Hypoglycaemia	• Dizziness • Blurred vision • Headaches • Palpitations • Sweating • tremors/ shaking of the hands and body • Altered consciousness • Convulsions	Eat 2-3 teaspoons of granulated sugar or • 3 cubes of sugar • Half a bottle (at least 150mls) of sugar-containing soft drink • A glass of milk or fruit juice, a teaspoon of honey, and then immediately eat a meal or snack and report to the nearest facility NB. Go to the nearest health facility for check-up
Blood sugar is uncontrolled if FBS $\geq$ 7mmol/l or FBS 2 hours after meal is $\geq$ 10.0mmol/l	Hyperglycaemia (high blood sugar)	Feel very thirsty (polydipsia) urinate a lot (polyuria), feel weak or tired and have blurred vision	Consider going to the nearest health facility for care if • Blood sugar >15mmol/l with symptoms • Blood sugar >18mmol/l without symptoms