Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

Paediatric Diabetes

Paediatric Diabetes - Blood Glucose Testing

What is blood glucose?

Glucose (or sugar) comes from foods which have carbohydrates in. Blood glucose levels should be between **4 - 7 mmol/L**

Blood glucose levels **under** 4 mmol/L are **too low** (this is called a '**hypo**' - see '**hypo**' information)

Blood glucose levels **above** 7 mmol/L are **too high** which means your insulin dose may need to go up if this continues (see Insulin Adjustment information)

Why monitor blood glucose levels?

It is important to check your blood glucose so you can make changes to your insulin doses if needed. **Watch for patterns of high or low blood glucose levels** in your blood glucose diary, Basal Bolus charts or meter download information.

It is important to test your blood glucose before each meal and before bed.

If you are getting high or low blood glucose levels at the same times for three to four days in a row then your insulin dose will need to be changed.

If you test your blood glucose levels regularly and make changes to your insulin doses as needed, you will be at less risk of problems caused by high blood glucose levels. (See Complications of Diabetes information).

Read the blood glucose levels from the meter

Write this in your diary or on the basal bolus chart.

- Use warm water and soap to wash your hands. You should **not** use baby wipes, hand wipes or alcohol hand gel as these could give an incorrect blood glucose measurement. Using warm water will warm the fingers and make blood flow better. Dry hands well.

- Put a new lancet into the finger pricker and make sure the lancet prick depth is right for you.

- Get the blood glucose meter ready according to the meter instructions.

- Check the test strip code and expiry date.

- Put the new strip in the blood glucose meter.

- Prick the side of the finger as the middle fleshy part contains more nerves. Avoid using the index finger or thumb. Use a different finger each time to stop the skin getting hard.

- Gently squeeze the finger to get a drop of blood.

- Put the blood on the correct spot of the test strip and make sure you put enough blood on for the meter to start the count down.

- Read the blood glucose from the meter and write this t in your diary or Basal Bolus chart.

- Remove the used strip from the meter and dispose of in the sharps bin.

- Remove the used lancet from the finger pricker and dispose of in the sharps bin.

Children and young people with diabetes in the Coventry and Rugby area are provided with the Freestyle Optium meter or the Freestyle Optium Neo which are the only meters on the market that can test for blood ketones as well as blood glucose. (See Ketone Testing information)

Please contact your diabetes nurse on 024 7696 7230 if you feel that you need help.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the department on 024 7696 7230 and we will do our best to meet your needs.

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