Edmonton North PCN
1038 Northgate Centre, 9499 – 137th Avenue
Edmonton, AB T5E 5R8
Phone: 780.473.7131 Fax: 780.473.7181
Website: www.enpcn.com

YOUR BLOOD GLUCOSE CHECKING GUIDE

Ask your diabetes healthcare professional to mark the times on this two-week chart, or use the following guide to get started by checking at least twice a day.

Check where you see the shaded area each day.

This will allow you to see how your blood sugar changes throughout the day.

	Before Breakfast	2 hours After Breakfast	Before Lunch	2 hours After Lunch	Before Dinner	2 hours After Dinner	Bedtime

Fasting Blood Sugar level = 4-7mmol/L. 2 hours after eating blood sugar level = 5-10mmol/L.

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