

Remember

- By discussing your treatment and having regular reviews with your health professional you can help reduce the risk of : -

Admission to hospital.

Blood pressure problems.

Circulation problems (heart, stroke, kidney)

Diseases of the eye.

Erection problems/sexual health difficulties.

Foot problems associated with nerve damage.

**Come in and have a chat
about your control.**

If you would like this leaflet in larger text please ask.

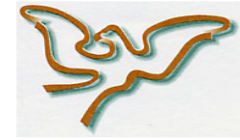


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CUMBERLAND HOUSE

PRIMARY HEALTH CARE CENTRE

Type 2 Diabetes and Blood Glucose Monitoring

Patient Information Leaflet

Type 2 Diabetes

People with type 2 diabetes are often more stable with control.

For people with diabetes who **DO NOT** use insulin the evidence shows that self monitoring with blood testing strips **MAY NOT NECESSARILY** lead to better control of blood glucose levels. It may even make people **feel worse psychologically.**

Self monitoring of blood glucose is still appropriate for people who use insulin and can adjust their dose as a result of this test.

How do I know how well my diabetes is doing?

At least twice a year a special blood test called the HbA1C is taken. This is a more effective way of monitoring control.

HbA1C less than 6.6% = good control.

HbA1C greater than 8% means that the diabetes control needs to be reviewed and medication/lifestyle needs to be discussed.

When is it appropriate to test?

Diet only - routine testing usually not advised unless illness, taking oral steroids or change to diabetic treatment.

Glitazone/Metformin—as above and if blood sugars are high 2 hours after a meal.

Sulphonylureas/insulin secretagogues—2-3 times weekly at different times and on long journeys when driving.

Long acting insulin with or without tablets—test **before breakfast** and then **once** more each day at different times.

Insulin Twice Daily—test twice a day at different times including before meals and 2 hours after a meal and before bed.

3-4 Injections of insulin per day—here you are at greater risk to hypo and hyperglycaemia. Your health professional will advise you on the pattern which needs recorded. You will also be taught how to change your insulin dose.

Remember

- Test appropriately.
- Think what you are doing with the results.
- ORDER ONLY what you need and USE the strips up before they expire.
- DO NOT over order or hoard.

Each pot of test strips

costs an average of £15

The NHS spends 40% more on blood glucose testing materials than it does on diabetic tablets.