

# TESTING IN PAIRS

## Focus on one thing and see the change with before and after monitoring

This simple tool helps you track your blood sugar before and after specific events to see how the things you do affect your blood sugar. For just 7 days, see what works for you.

## Before you start, what would you like to learn about your blood sugar?

### Here are some ideas others have shared:

- On weekends, why is my blood sugar higher after breakfast?
- How will walking after dinner affect my blood sugar?
- Why am I tired after dinner?

## Mary's example of checking her blood sugar before and 2 hours after breakfast

1. Start with a simple question, and use your blood sugar results to see what works for you.
2. Each day, check your blood sugar before the meal or activity, and write the number in the **Before** column. Check it again at a specific time after the meal or activity, and write it in the **After** column.
3. How did your blood sugar change?

**Note:** This tool does not replace your logbook, which is helpful for your routine testing.

## What do I want to learn?

How does breakfast affect me?

Day	Before	After	Change	Notes
1 Jan 26	6.1	11.6	5.5	2 granola bars
2 Jan 27	7.2	15.5	8.3	pancakes
3 Jan 28	6.9	14.1	7.2	2 croissants
4 Jan 29	6.6	12.2	5.6	2 granola bars
5 Jan 30	6.1	8.6	2.5	1 granola bar
6 Jan 31	6.0	8.2	2.2	1/2 croissant
7 Feb 1	7.0	8.7	1.7	eggs, 1 piece of toast

## What did I learn?

Wow - what and how much I eat really matters

## What can I do next?

Be aware of my serving sizes

## What questions do I have for my healthcare provider?

Do I count calories as well as carbs?

Will my overall health improve?

Discuss your individual target range with your healthcare professional

# Testing in Pairs

Name \_\_\_\_\_

What do I want to learn?  
\_\_\_\_\_

Your target*	
Before breakfast (Fasting)	
Before meals at other times of the day	
After a meal (at least 90 minutes after eating)	

Day	Before	After	Change	Notes
1				
2				
3				
4				
5				
6				
7				

Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.

What did I learn?  
\_\_\_\_\_

What can I do next?  
\_\_\_\_\_

What questions do I have for my healthcare professional?  
\_\_\_\_\_

NICE guideline target ranges for adults with T1D <sup>1</sup>	
Before breakfast (Fasting)	5 - 7 mmol/L
Before meals at other times of the day	4 - 7 mmol/L
After a meal (at least 90 minutes after eating)	5 - 9 mmol/L

Guideline target ranges for adults with T2D <sup>2</sup>	
Before breakfast (Fasting)	4 - 7 mmol/L
Before meals at other times of the day	4 - 7 mmol/L
After a meal (at least 2 hours after eating)	Less than 8.5 mmol/L

Visit [www.accu-check.co.uk](http://www.accu-check.co.uk) for more tips and tools on managing your diabetes.

1. NG17 Type 1 diabetes in adults: diagnosis and management  
 2. Diabetes UK. Checking your blood sugar levels (Online). <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing>  
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