

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 ¹	
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 ²	
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 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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