INTERPRETING BLOOD GLUCOSE METER AND CGM DATA

Select Your Data:

The best information is the most recent 4 to 7 days of information. Data can be from a log book or downloading your device.

Look For Patterns:

When was your blood glucose (BG) in range?
When was your BG in above or below range?
Why was your BG out of range? Exercise, missed insulin doses, inaccurate carb counting, stress, menses, sickness?

Changes:

- Make only 1 change at a time
  - If too many changes are made it is hard to tell which helped and which did not.

- Make small changes each time
  - Most of the time just a small adjustment is needed to get blood glucoses within target range.

- Think Ahead
  - Insulin doses may need to be adjusted for different times of day. Changes must be made before the problem occurs. For example: if a pattern at pre-lunch reveals high blood glucose levels, you may need to adjust breakfast pre-meal dose, or assess whether a snack is being consumed in between that time frame.

- Wait and See
  - After a change, wait 3-5 days to see a pattern as a result of the change. The exception is with low blood glucose levels—if lows are seen an adjustment can be made right away.
LOOKING AT CGM DATA

Depending on the device you have, it will represent data to you in charts and graphs with some information on patterns seen.