

When to test your blood sugar level



Before a meal or 2 hours after



When you experience **hypoglycaemia** (low blood sugar) symptoms (e.g. dizziness, hunger)






Before or after **exercise**



When you are **sick and not eating well**

Monitor your blood sugar level before and after meals

Blood sugar	Before food	2 hours after food
 <p>Too high Risk of hyperglycaemia</p>	> 7.0 mmol/L	> 10.0 mmol/L
 <p>Optimal</p>	4.0 to 7.0 mmol/L	4.0 to 10.0 mmol/L
 <p>Too low Risk of hypoglycaemia</p>	< 4.0 mmol/L	< 4.0 mmol/L

Your targets may vary depending on your condition; discuss this with your doctor or care team

Monitor your blood sugar level

Date	Day	Breakfast				Lunch				Dinner				Others				Remarks	
		Before		2 hours after		Before		2 hours after		Before		2 hours after		Before		2 hours after			
		Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)		