Who is the leaflet for? What is its aim?
This leaflet is for children with diabetes between the ages of 6 to 10 years. It will tell you a bit more about what we (the children and adolescent diabetes team) would like your blood glucose levels to be, and how often we would like you to test them.

Why should I test my blood glucose?
Testing and recording your blood glucose will help to make sure that you are on the right amount of insulin.

When should I test my blood glucose?
Ideally, first thing in the morning, before lunch, before your evening meal and you go to sleep. In addition, it can be helpful to have your blood glucose levels checked 2 hours after a meal to see if we need to make changes to your meal time insulin doses. Occasionally we may ask you (or your parents) to check a blood glucose reading overnight. You should also check your blood glucose levels if you feel hypo and 15mins after your hypo treatment. Finally, if you are unwell you should test your blood glucose more often.

What should my blood glucose be?
We would like your blood glucose to be between:

- 4 and 7 mmol/l before meals and
- 5 and 9 mmol/l 2 hours after a meal

We understand that it is tricky to get a reading between 4 and 7mmol/L every single time, but the more you can get in this range, the better.
Why is testing blood glucose levels important?
Having well controlled blood glucose levels is good for long term health, such as preventing complications of diabetes in adulthood. It will also make you feel better on a day to day basis if your blood glucose levels are kept in target ranges.

Using other blood glucose monitoring devices
You may be using other devices to monitor your blood glucose levels, such as flash glucose monitoring or continuous glucose monitoring (CGM). However, these measure your glucose in your body tissues rather than the blood. So although these devices can be really useful for looking at patterns in your blood glucose trace and filling in those gaps in between meals and overnight. It is still very important to carry out blood glucose testing before meals/when you are unwell and when you are hypo, especially when you are deciding to make insulin dose adjustments. We do not recommend that you fully replace blood glucose testing with any of these devices.

Who can help me?
Sometimes it can be hard to get good blood glucose levels. You or your parents can upload onto Diasend or Carelink so you can look at your levels as a family. The diabetes team are available also to advise you with any queries, so if you feel as though your blood glucose levels are not in target, and you would like some advice, please contact the team either by phone or email.

What about the HbA1c?
The HbA1c is the finger stick blood test that we do in the measuring room roughly every 3 months. This gives an idea of the average blood glucose levels over several weeks. The target for this reading is 48mmol/mol
We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:
If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.
Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

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