

Blood Glucose Test

A blood glucose test is a one-time finger stick to check blood sugar levels in that moment. These can be done at home with a glucometer.

What is a glucometer?

A glucometer is a small machine that can read your blood sugar level. Ask your provider for more information if you do not have one.

When should I check my blood sugar?

Ask your doctor when you should be checking your blood sugar levels.

How does checking my blood sugar help me?

It helps know where your blood sugar is throughout the day and whether or not your medications are working.

Does my doctor need to know what my blood sugars are?

Yes, it is important to bring your blood sugar log with you to every appointment to see how your blood sugar levels are.

Hemoglobin A1c Test

The A1c test gives your doctor an average of your blood sugar levels over the last 2-3 months. Since it is an average of blood sugars, **it is not necessary to be fasting.**

Why is getting my A1c tested so important?

The A1c test helps us determine how your diabetes is being controlled over time.

What is my A1c goal?

Often it is less than 9. Talk to your doctor to see what your goal should be.

Why should I work on reaching my A1c goal?

It helps reduce the risk of diabetes related health problems such as stroke, heart attack, nerve damage, kidney damage, vision damage, etc.

When should I get my A1c tested?

Your doctor will schedule regular A1c tests, which are usually every 3-6 months.

Understanding Your Numbers

A1c to Glucose Comparison

| A1c = Average Blood Sugar Levels for the Past 2-3 Months | A1c(%) | 12 | 11 | 10 | 9 | Target Numbers | | |
|--|------------------------|-----|-----|-----|-----|----------------|-----|-----|
| | Estimated Avg. Glucose | 298 | 269 | 240 | 212 | 8 | 7 | 6 |
| | | 298 | 269 | 240 | 212 | 183 | 154 | 126 |