



INSTRUCTIONS FOR 7 POINTS BLOOD GLUCOSE MONITORING

- Purchase a glucometer (units in mmol/L) from any nearby pharmacy
- Perform the glucose monitoring **2 days per week** (any **2 consecutive days** of your choice)
- E.g. Monday and Tuesday **OR** Friday and Saturday
- Monitor blood glucose **7 times/day**
- Before and after each main meal (breakfast, lunch & dinner), and bedtime test

Target Range for Blood Glucose:

Pre-meals: 4.4- 5.5 mmol/L

(do 5 mins before food intake)

Post-meals: 5.5- 6.6 mmol/L

(do 2 hours from start of food intake)

Bedtime: 4.4- 5.5 mmol/L

(min. 3 hours from dinner time)

Example:

BREAKFAST: 8AM
Pre-meal test: 7.55am Post-meal test: 10am
LUNCH: 1PM
Pre-meal test: 12.55pm Post-meal test: 3pm
DINNER: 6PM
Pre-meal test: 5.55pm Post-meal test: 8pm
BEDTIME
Bedtime test: 9pm

****Please chart down all your readings on the monitoring chart provided.**
(Fill in your name & identification number)

Bring the chart and your glucometer and show to the Dr on every visit.

For enquiries, please call ODAC at 6394 2097 during office hours.

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