



About self blood glucose monitoring for diabetes

What is SBGM?

SBGM stands for Self Blood Glucose Monitoring. Everyone has sugar in their blood. Having the right amount of sugar in your blood is important because having too much or too little blood sugar can cause organ damage, blindness, coma, and even rapid death.

Checking blood sugar (also called blood glucose) is a necessary and critical part of managing diabetes. For those who must inject insulin via syringe or an insulin pump, checking blood sugars is necessary in order to calculate the amount of insulin to take.

Taking the wrong amount of insulin at the wrong time could lead to confusion, seizures, coma, and even death.

A person cannot tell what their blood sugar level is simply by how they feel. It must be tested with a glucose meter!

Why does a person with diabetes have to check their blood sugars?

When blood sugars go too high (hyperglycemia) the body's organs are slowly damaged. Untreated, high blood sugars can cause seizures, coma, and death. Low blood sugars causes confusion and can result in unconsciousness in a matter of minutes. Untreated, death can result.

If a person with diabetes loses consciousness from blood sugars being too low an injection of glucagon is necessary to save the person's life. The only way to determine if blood sugars are too low (or too high) is to test blood sugars.

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Leaflet PA-01-2006; Revised 12/06; Published by Islets of Hope, www.isletsofhope.com



To check blood sugar levels a person must take a sample of blood. This is most often done with a finger stick using a tiny needle (lancet) housed in a lancing device. The lancet remains in the lancing device until it is manually removed and disposed of. Unless you manually set the lancing device to pierce, place it against your skin, and click it, there is no danger of being pierced by the lancet.



Some people may use disposable lancets, like the kind your doctor uses. Since these do not contain a cap or protective cover they should only be handled by the person using them.



The blood droplet is put on a test strip that is inserted into a blood glucose meter and the result is displayed on a screen. There is no danger of being pricked by any part of a glucose meter.