



BLOOD GLUCOSE NUMBERS

Knowing your blood sugar levels helps you manage your diabetes and reduces your risk of having serious complications – now and in the future.

What are blood sugar levels?

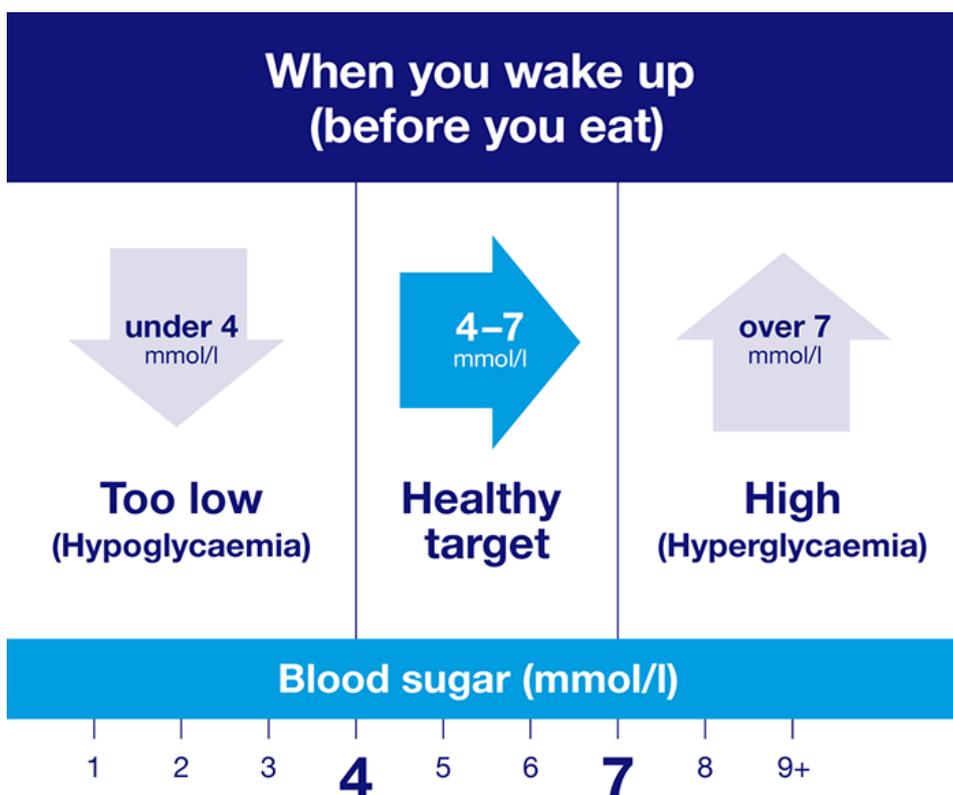
Your blood sugar levels, also known as blood glucose levels, are a measurement that show how much glucose you have in your blood. Glucose is a sugar that you get from food and drink. Your blood sugar levels go up and down throughout the day and for people living with diabetes these changes are larger and happen more often than in people who don't have diabetes.

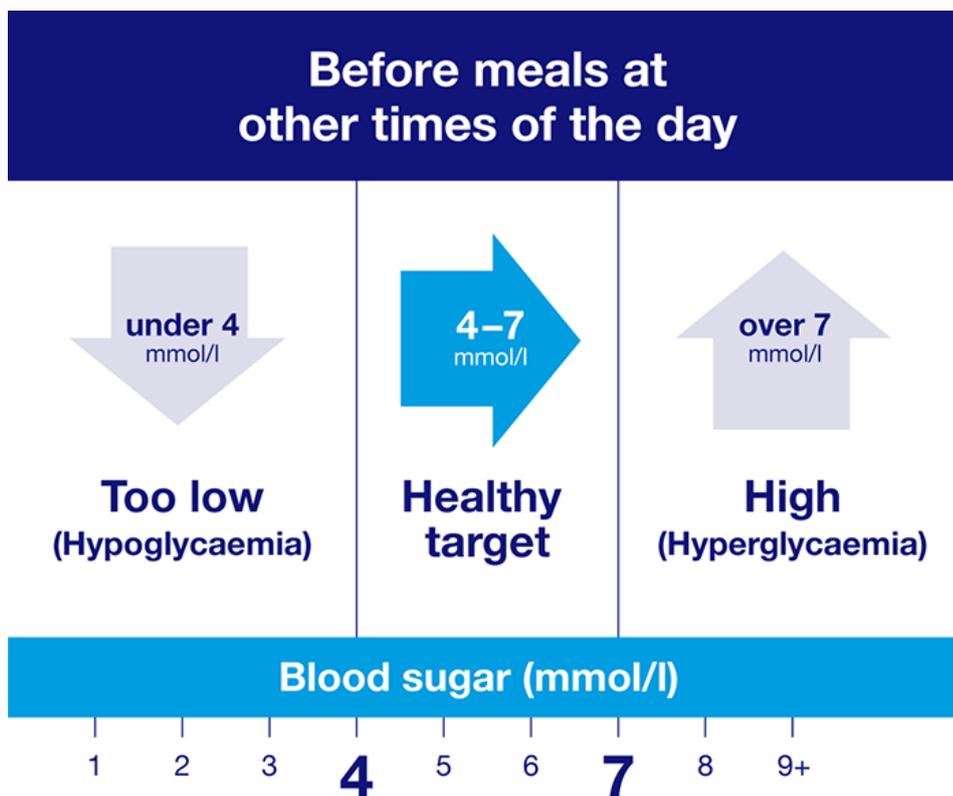
Make a note of your readings

It may sound obvious, but it is really important that you record your readings. Note them down in a diary, a notebook or in your phone calendar. Some meters have software that lets you do this. You could try a diabetes app too.

You and your healthcare team can then look back over your results to see if you need to adjust your treatment.

What is my target range?





These are blood sugar level targets for adults with type 1 and type 2 diabetes. Your individual targets may differ.

What's the normal range for blood sugar levels? The answer is, there is a healthy range that you should ideally be aiming for. The infographics above show the general guidelines, but your individual target range for your blood sugar levels may be different. Your diabetes team will agree with you what it is.

What does mmol/l stand for?

mmol/l stands for millimoles per litre. A mole is a scientific unit often used to measure chemicals.

What does HbA1c mean?

HbA1c is another unit used to measure your blood glucose. It is what's known as glycated haemoglobin. This is something that's made when the glucose (sugar) in your body sticks to your red blood cells. Your body can't use the sugar properly, so more of it sticks to your blood cells and builds up in your blood. Red blood cells are active for around 2-3 months, which is why the reading is taken quarterly. HbA1c is your average blood glucose (sugar) levels for the last two to three months. If you have diabetes, an ideal HbA1c level is 48mmol/mol (6.5%) or below.

A high HbA1c means you have too much sugar in your blood. This means you're more likely to develop diabetes complications, like serious problems with your eyes and feet.