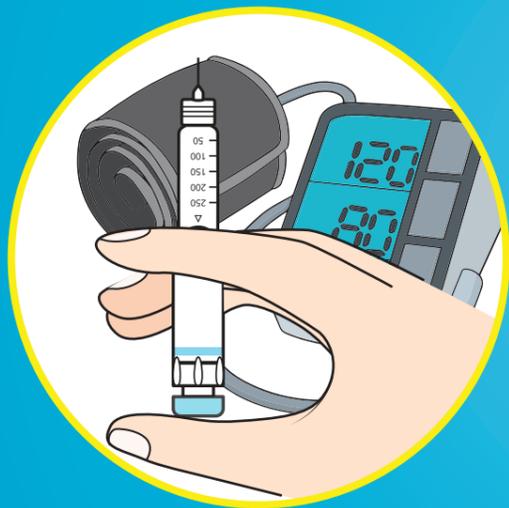


SELF MONITORING IN DIABETES



Home glucose monitoring is a primary tool to find out if your blood glucose levels are within range.

YOU SHOULD CHECK MORE FREQUENTLY IF YOU'RE:



On insulin



Pregnant



Experiencing hypoglycemia



Having an uncontrolled diabetes, HbA1c > 7



Regular self-monitoring is a key to achieve good diabetes control.



For further details on self-monitoring, consult your doctor today!

Ref: Rao, P.V., Makkar, B.M., Kumar, A. et al. RSSDI consensus on self-monitoring of blood glucose in types 1 and 2 diabetes mellitus in India. Int J Diabetes Dev Ctries 38, 260-279 (2018). <https://doi.org/10.1007/s13410-018-0677-3>. As assessed on 11th Aug 2020.