

Blood Glucose Testing Guidelines:

Knowing how your blood glucose levels and how your body is responding to a particular food, meal, activity or even thought can be one of the most valuable skills you'll ever learn. Measuring your blood glucose will give you this feedback, and it's super easy to learn and do.

Getting a Testing Kit

All you need is an inexpensive glucose meter (approximately \$10 - \$20 at most US discount pharmacy chains).

The replacement strips can be pricey, so before you decide which meter to buy, check out the price of the strips.

The meters I recommend require the TrueTests brand strips. If you purchase them locally, the cost is about \$48 for 50 strips. Online you can find them for \$23 for 100 strips.

Here's info on the ones I recommend:

[TrueResults](#) or
[True2Go – portable](#)

TrueTest Test Strips – use for both Glucose Meters

[Test Strips 50 pack](#) or
[Test Strips 100 pack](#)

Directions:

1. Test your glucose for 7 consecutive days.
2. Test your fasting glucose before your first meal. The best way to test your fasting glucose is first thing in the morning, after 8 hours of not eating.
3. Then immediately after you eat, test again to determine how it has affected your blood sugar.
4. Then test every 15 MINUTES until an hour has passed. (You'll test four times in that hour after you eat). Always test after breakfast and alternate between lunch and dinner to get a good idea of what's happening at different times in the day.
5. Ideally you don't want your food to raise your glucose levels more than 20-25 points. Also, you want the spike in blood sugar to be below 110. **NOTE: Most people will see the spike between 30-45 min after they eat (this is why you test every 15 minutes up to 1 hour after eating to catch the spike). Ideally, you want your blood sugar levels to go back to your previous fasting number (or close to that) 1 hour after eating. Research suggests that blood sugar levels over 120 can cause retinal damage and levels over 140 can cause peripheral nerve damage. One night of poor sleep can make you insulin resistant the following day - so if you did not sleep well the night before, don't have any sugar or lots of fruit the next day.**
6. Then test your blood sugar again 2 hours after your meal.

7. Mark down the numbers on the spreadsheet so you have a record of the results.
8. In addition, you can test after eating certain foods to isolate their effect on your blood sugar. If any food raises your levels over 20-25 points, it is not a good food for you and should be avoided. For some people just 1/2 a grapefruit can raise levels into the 150s, so the glycemic index is not always the best indicator.

What to look for:

This is the best biohack to tell if you are becoming or already are insulin resistant. You want your fasting blood glucose levels to be around 70-85 mg/dL. If your fasting glucose is consistently between 100-125, you might be pre-diabetic. Please make an appointment with your doctor immediately if this is the case. Remember that insulin is a powerful hormone and it affects all your other hormones, cortisol, thyroid and sex hormones.

When you eat something, you don't want it to raise your levels more than 20-25 points. If it does, then you need to hone in on what is causing the spike. For instance, if your fasting glucose was at 85, you wouldn't want your result after a meal to be higher than 110.

Your blood sugar should never go above 130 mg/dL 30mins - 2 hours after a meal.

Directions for testing blood sugar

(Estimated time, start to finish: About 2 minutes)

- 1. Wash hands. Invisible debris on fingers can result in erroneous readings.**
- 2. Avoid using alcohol hand cleaners/sanitizers, especially if checking regularly. It can dry your fingers and cause calluses.**
- 3. Rinse fingers under warm water to increase blood flow.**
- 4. Prepare supplies.**
 - a. Spring loaded device with sterile lancet for sticking finger
 - b. Glucometer
 - c. Test strips
 - d. Tissue paper or cotton ball for blotting blood
- 5. Choose a location to get a blood sample. Rotate areas to prevent calluses.**
 - a. Back of hand
 - b. Fingers near nails
 - c. Between the first and second joints of any finger
 - d. Fleshy pads of fingertips
- 6. Collect blood sample.**

- a. Cock the spring-loaded device and prick any finger. Follow the specific instructions provided by the manufacturer.
- b. Gently squeeze finger. Avoid using a pumping action.
- c. Touch the blood to the test strip.

7. Obtain the glucose reading.

- a. The Glucometer will blink or count down once the blood has been absorbed by the test strip.
- b. Record the number from the Glucometer on your form.

8. Cleanup.

- a. Discard used lancet.
- b. Discard any blood soaked tissues or cotton balls by flushing down the toilet to prevent contaminating any others with your blood.