

A1C is a blood test that indicates an average of your overall blood glucose over the past 120 days.

Target A1C for most people with diabetes is \leq **7.0%**

A1C (%)	Average Blood Sugar (mmol/L)
12	19.5
11	17.5
10	15.5
9	13.5
8	11.5
7	9.5
6	7.5

A1C: _____ Date: _____

Recommended Blood Glucose Targets for People with Diabetes

	A1C (%)	Fasting blood glucose/ blood glucose <i>before</i> meals (mmol/L)	Blood glucose two hours <i>after</i> eating (mmol/L)
Type 1 and Type 2 diabetes	≤ 7.0%	4.0 to 7.0	5.0 to 10.0 (5.0-8.0 if A1C targets not being met)

Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada

Recommended Testing Times

Medications	<ul style="list-style-type: none"> Twice a day at staggered times: <ul style="list-style-type: none"> Day 1 – before breakfast & supper Day 2 – before lunch & at bedtime Day 3 – 2 h after lunch & supper Day 4 – 2 h after breakfast & at bedtime
Medications & Insulin	<ul style="list-style-type: none"> 4 times a day before meals & at bedtime After meals as needed
Insulin	<ul style="list-style-type: none"> 4 times a day before meals and at bedtime After meals as needed

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Remember to wash your hands thoroughly with soap and water before checking your blood glucose. Avoid alcohol to clean hands as it can dry your skin.