

Blood Glucose Testing- Frequently Asked Questions

Why are we checking blood sugar?

You have been given a glucometer because your child's blood tests have shown that he or she is positive for diabetes auto-antibodies. Auto-antibodies develop in the blood before a person gets Type I diabetes. Having these auto-antibodies does not mean that your child will definitely get diabetes but we do think that their risk of developing it in the future is significantly increased. Testing your child's blood sugar will help you monitor them at home. Unfortunately we cannot stop a child from developing diabetes if they are going to get it, but the earlier we catch it the easier it is to treat and control.

What are the symptoms of diabetes?

- Increased thirst
- Increased urination
- Irritability
- Bed-wetting in a previously dry child
- Weight loss
- Decreased appetite for solid food but increased thirst
- Decreased energy
- Yeast infection with rash, especially in the diaper area for young children
- Vomiting without diarrhea
- Fruity smelling breath
- Labored breathing

When should you test blood sugars?

We would then like you to test your child's blood sugar level once a week, bring the results with you to your next clinic visit. **You should test more if you notice any of the symptoms or if your child is ill.**

Remember to wash your child's hands with soap and water before testing.

What should my child's blood sugar be?

On waking up (before breakfast)	Less than 126
Before meals	Less than 126
After meals	Less than 175-200

Children sometimes have higher sugars than adults- we don't usually get too worried unless it is over 200.

What if my child's blood sugar is high?

If your child's blood sugar is over 200 or the glucometer says HI, first wash your child's hands well and test again. If it is still high call Michelle Hoffman at 303-724-7555 or your pediatrician as soon as possible.

When should I check my child's urine?

If your child gets sick and is throwing up we recommend checking their urine for glucose and ketones with the Keto-diastrix. Vomiting can be a sign of ketoacidosis, a serious complication of diabetes. Have your child urinate into a cup or container (it doesn't need to be sterile). Dip the end of the strip with the 2 squares into the urine completely. Compare the color of the squares to the corresponding color chart on the side of the container. If the strip indicates that your child has any glucose or ketones in their urine call Michelle Hoffman 303-724-7555 or your pediatrician as soon as possible.

Please call the [DAISY Study Clinic Coordinator](#) anytime you have concerns or questions at 303-724-7555.