Check blood sugar after a meal

Use these steps to take an after-meal reading you can compare with your target.

- [ ] Note the time of the first bite before the meal starts.
- [ ] Check at 1 to 2 hours after the start of the meal, as your care team advises.
- [ ] Write down the reading, its unit and the foods eaten.
- [ ] Convert mmol/L to mg/dL by multiplying by 18 when units differ.
- [ ] Compare the number with the target your doctor set for you.
- [ ] Repeat the same routine at other meals to see patterns.
- [ ] Call your care team about repeated readings above your target.
- [ ] Seek urgent care for confusion, fainting or severe symptoms.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/diabetes/blood-sugar-after-eating/