

You'll see the difference with before-and-after testing.

ACCU-CHEK® Testing in Pairs is a simple paper tool designed to help you see changes in your blood sugar before and after a specific meal, exercise, or other event. Use it to discover how one thing in your daily routine can affect your blood sugar.

What could you learn?

- Does what and how much I eat make a difference in my result?
- Does activity/exercise affect my blood sugar?
- Does packing my lunch instead of eating out affect my blood sugar?



Meet Mary

Mary would like to learn how breakfast affects her blood sugar.

Here's how it works:

- 1 Start with a simple question and use your blood sugar results to see what works for you.
- 2 Each day, check your blood sugar before the meal or activity, and write the number in the **Before** column. Check it again 2 hours after the meal or activity, and write it in the **After** column.
- 3 How did your blood sugar change?

What do I want to learn?				
<i>How does breakfast affect me?</i>				
Day	Before	2 Hours After	Change	Notes
Jan 26	6.1	11.6	5.5	<i>Bowl of cereal</i>
Jan 27	7.2	10.3	3.1	<i>Oats with low fat milk</i>
Jan 28	6.9	14.1	7.2	<i>2 slices of raisin toast</i>

Mary's blood sugar tests right before and 2 hours after breakfast.

Name _____

Date of Birth _____

(For your healthcare provider's records)

What do I want to learn?				Notes
Day	Before	2 Hours After	Change	
What do I want to learn?				Notes
Day	Before	2 Hours After	Change	
What do I want to learn?				Notes
Day	Before	2 Hours After	Change	

Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.

What did I learn?

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WARNING – KEEP BATTERIES OUT OF REACH OF CHILDREN. If you suspect your child has swallowed or inserted a button battery immediately call the 24-hour Poisons Information Centre on 13 11 26 for fast, expert advice. *FOR PEOPLE WITH DIABETES. ALWAYS READ THE INSTRUCTIONS FOR USE. CONSULT YOUR HEALTHCARE PROFESSIONAL FOR ADVICE.* ACCU-CHEK and ACCU-CHEK TESTING IN PAIRS are trademarks of Roche.

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