

ADULT TYPE 1 DIABETES KNOW THE NUMBERS

Every person with Type 1 diabetes has to manage their condition to live a healthy, happy life. This quick guide shows the glucose readings that you should be aiming for.

GLUCOSE GUIDANCE FOR TYPE 1 DIABETES

HbA1c
(Clinic blood test)

Less than

53

mmol/mol

TIME IN RANGE
(Glucose 3.9 – 10.0mM)

More than

70%

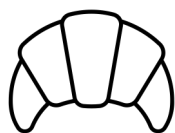
TIME BELOW RANGE
(Glucose <3.9mM)

Less than

4%

WHAT TO AIM FOR DURING THE DAY

BEFORE
BREAKFAST



5 - 7

mmol/l

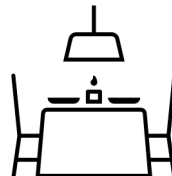
BEFORE
MEALS



4 - 7

mmol/l

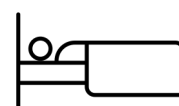
2 HRS AFTER
MEALS



5 - 9

mmol/l

BEDTIME



6 - 8

mmol/l

TOP 3 TIPS FOR MANAGING GLUCOSE

1

Give insulin

Ideally

5 - 15

minutes before
meal times

2

Use alerts

To help avoid
hypoglycaemia
and prolonged
high glucose

3

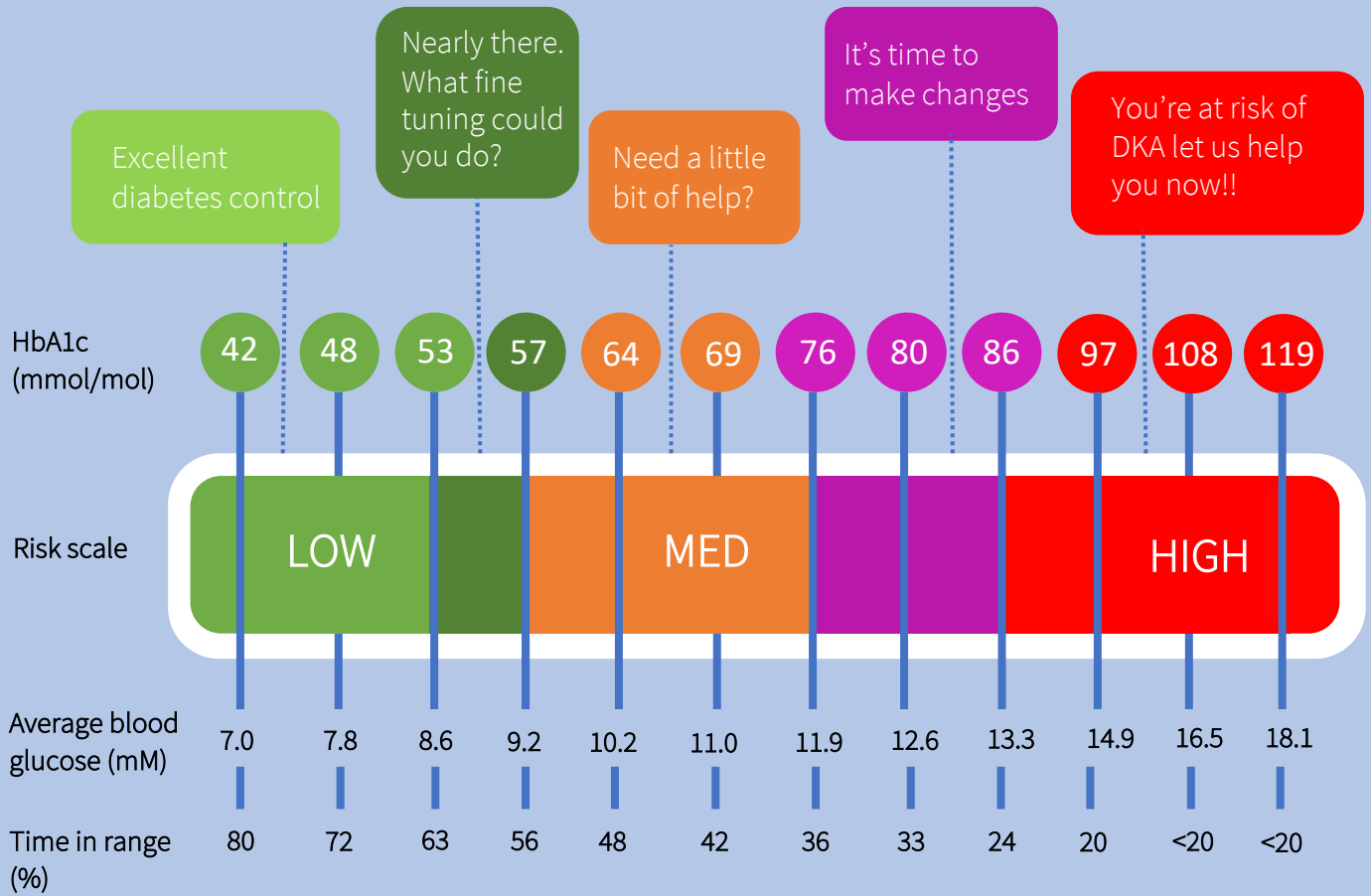
Improve

Your carb
counting skills

1... 2... 3

Remember, a lot of things can affect your glucose readings such as shift work, exercise and illness. Do you need a little help? Is there something you're struggling with? Keep talking to your diabetes team about how to improve your self-management

HOW ARE YOU DOING?



Things to remember:

Your HbA1c is a measure of blood glucose over the last 8 – 12 weeks.

The target HbA1c for people with type 1 diabetes is 53 mmol/mol.

Time in range (TIR) is the percentage time spent with a glucose between 3.9 and 10.0 mM.

Recommended TIR is greater than 70%.

Increasing TIR by just 10% reduces your risk of complications by 50%.

Date: Date here

Current HbA1c: HbA1c here

Current TIR: TIR here

Discussions:

Text here

Next steps:

Text here