

BLOOD GLUCOSE MONITORING AND EXERCISE



This guidance for patients should be used in conjunction with advice given by their diabetes specialist, GP or Practice Nurse. It is based on local and national guidance (see References). It is **not** rigid, and patients should get to know what works best for them.

TYPE 1 DIABETES

You should also follow advice by your diabetes specialist particularly if you use an insulin pump or a premix insulin. Regardless of your insulin type, you should seek further guidance from them if necessary

- Test blood glucose (BG) prior to exercise.
- If hypoglycaemia (BG below 4 mmol/l): treat as usual.
- BG below 5 mmol/l: eat a 15g carbohydrate snack (e.g. fruit or crackers). Retest after 10-15 minutes.
- BG 5 to 12.9 mmol/l: exercise.
- BG 13 mmol/l or more: test for ketones. If positive (blood ketones 0.6 or more) do not exercise, take correction dose plus fluids and rest. If negative for ketones, take correction dose and fluids, retest after 30 minutes. Once blood glucose below 13 mmol/l can exercise.
- Test as required during, after, and several hours following exercise.
- Carry a carbohydrate snack and have regular fluids.

TYPE 2 DIABETES

Test if treated with insulin, or a sulfonylurea (e.g. gliclazide or glimepiride):

- Test BG prior to exercise.
- If hypoglycaemia (BG below 4 mmol/l): treat as usual.
- BG below 5 mmol/l: eat a 15g carbohydrate snack (e.g. fruit or crackers). Retest after 10-15 minutes.
- Test as required during, after, and several hours following exercise.
- Carry a carbohydrate snack and have regular fluids.

Low or moderate intensity / short or medium duration (15 to 60 minutes)

If BG 13 mmol/l or more **or** HbA1c elevated (as advised by healthcare professional), but feeling well, then can exercise, taking additional sugar free fluids.

Approved by: East Kent Prescribing Group (Representing Ashford CCG, Canterbury and Coastal CCG, South Kent Coast CCG and Thanet CCG)

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Vigorous intensity / prolonged duration (more than 60 minutes)

If BG 13 mmol/l or more **or** HbA1c elevated (as advised by healthcare professional), do not exercise.

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