

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



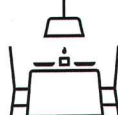
5 - 7
mmol/l

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

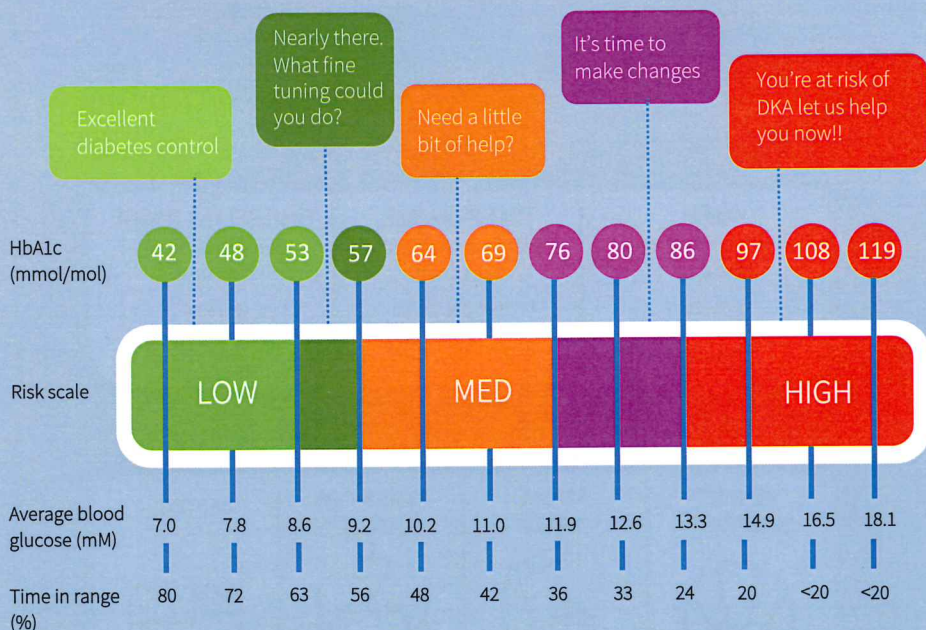
Use alerts
To help avoid
hypoglycaemia
and prolonged
high glucose

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:

Current HbA1c:

Current TIR:

Discussions:

Next steps: