

Checking Your Blood Sugar

Testing your blood sugar is easy, even if you've never done it before. Here's how!

- 1) **Gather the following supplies:** lancet and lancing device, test strips, meter, bandages, cotton balls.
- 2) **Wash your hands with soap and water.** Make sure to dry your hands thoroughly.
- 3) **Pick the finger you will use.** (Tip: To prevent your fingers from getting sore, do not use the same finger each time.)
- 4) **Insert a test strip into your meter.**
- 5) **Place your lancing device on your fingertip and press the trigger.** (Tip: For a less painful prick, place the lancing device on the side of your fingertip near the fingernail.)
- 6) **Gently hold the edge of the test strip to the drop of blood, and it will pick up the blood.** (Tip: Make sure to apply a sufficient amount of blood to the strip, but don't squeeze your finger too much, as this can affect the sample.)
- 7) **Record your blood glucose result in your blood glucose log.**

What if I get an error?

- 1) If you get an error or you think something is wrong with your results, wait a few minutes and check your blood sugar reading again.
- 2) You can check your instruction manual for troubleshooting tips.
- 3) You also can test how well the meter and strips are working by using the meter's control solution.
- 4) All meters are slightly different, so always refer to your user manual for specific instructions.

DID YOU KNOW?

Contaminants on your hand like dirt and lotion can lead to inaccurate results. Even extra water can dilute your blood sample and in turn affect your blood glucose reading.

Never use expired test strips and always leave the strips in their designated container. Close the lid as soon as you obtain a test strip and make sure it stays closed at all times.