










## STEPS FOR CHECKING YOUR BLOOD SUGAR

Read the user manual that comes with your blood glucose meter. Call the toll-free number on the back of the meter if you have a question or problem.

- 1. Get ready.** Set out your blood glucose meter, a test strip, your lancing device, a lancet, and your blood sugar log. Close the bottle of test strips once you take out the test strip you are using.
- 2. Wash your hands** with soap and warm water. **Dry your hands.** If you are not able to wash your hands, use an alcohol wipe to clean your finger. Wait until the alcohol is dry before sticking your finger. 
- 3. Put the lancet in the lancing device.** 
- 4. Put the test strip in the meter.** Check your user manual for details. 
- 5. Stick your finger** using the lancing device and squeeze out blood. To reduce pain, stick the sides of your fingertips, not the fleshy center pads on the fingertips. Use different fingers to help reduce soreness. Gently squeeze your finger from the palm out to the tip of the finger if needed. Talk to your healthcare team if you are having trouble getting blood. 
- 6. Touch and hold the edge of the test strip to the drop of blood.** 
- 7. Wait** for the blood sugar number to show up on the meter. 
- 8. Write** your blood sugar result and notes in your log to track your numbers and show how well your diabetes is being managed. Take your blood sugar log and blood glucose meter to all doctor or clinic visits. 
- 9. Dispose of your lancets** in a hard plastic bottle with a screw-on cap. 
- 10. Store your meter** and test strips in a clean, dry place. Avoid very hot or cold places. 

To save money, call your health insurance company and ask about the best way to get your diabetes testing supplies (local pharmacy, mail order pharmacy, or supply company). You will need a prescription for the glucose meter, testing strips and lancets for insurance coverage. Note: If you don't have insurance or the diabetes testing supplies aren't covered, many stores sell low-cost generic or store brand glucose meters and testing supplies. These usually cost less than brand name meters.