

# BLOOD GLUCOSE 101: 5 STEPS TO TEST YOUR BLOOD GLUCOSE

## STEP 1

Wash your hands with soap and water for 20 seconds and dry them well before piercing your skin. This will help to avoid skin infections and/or false abnormal results.

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## STEP 2

Some providers will recommend that you use an alcohol swab to wipe your finger before piercing your skin.

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## STEP 3

Use your lancing device to get a drop of blood from the side of your fingertip.

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## STEP 4

Touch and hold the edge of the test strip to the drop of blood and wait for the result.

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## STEP 5

Your blood glucose level will appear on the meter's display.

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*Note: All meters are slightly different, so always refer to your user's manual for specific instructions.*