

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.

STEP 2

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

STEP 3

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

STEP 4

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

STEP 5

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

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