Checking blood glucose

Things you will need to check your blood glucose

- Lancet
- Finger stick device
- Test strip
- Blood glucose meter
- Cotton ball for blotting
- Blood glucose diary

How to check blood glucose

1. Wash and dry your hands.
   - Food or drink left on a finger can cause a falsely high glucose reading. A slightly wet finger can cause a falsely low glucose reading. You should completely clean and dry a finger before checking your blood glucose.
2. Turn meter on.
   - Check that the date and time on meter are correct. Read instruction manual. Set-up may change from one meter to the next.
3. Place strip in meter.
4. Perform finger stick.
5. Bring finger to test strip. Fill test strip with blood. Wait for result.
6. Wipe finger with a cotton ball or tissue.
7. Record blood glucose results in diary.