

# Steps to monitor blood sugar with a glucometer



1 Wash your hands. Using warm water will help get blood to the fingertips.



2 Squeeze the finger that you are going to prick until it turns red.



3 Prick your finger with a lancet (a small, sharp needle). [Tip: Pricking the **sides** of your fingertips, **not the center** part of your finger, will be less painful]



4 Put a drop of blood on a test strip. [Tip: Make sure you apply enough blood to the test strip area]



5 Your blood glucose meter will display your blood glucose result.



6 Record the results in a log book.

**\*Notice: Use a different finger to test for blood sugar to avoid hardening the tissues.**



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