

How to Test Your Blood Sugar

The steps are very similar for most meters, and typically look like this:

1. Wash and dry your hands—using soap and warm water (the warm water may help the blood flow).
2. With blood glucose meter ready, prepare a test strip as outlined in your owner's booklet. Many meters turn on automatically when a strip is inserted
3. Choose your testing spot on your finger. Don't check from the same finger all the time. Alternate the sites of testing. Using the side of the fingertip may be less painful than the pads.
4. Prepare the lancing device according to the user guide provided, prepare desired testing area with alcohol, allow to dry, then lance the side of your fingertip or other approved site to get a drop of blood.
5. Touch and hold the test strip opening to the drop until it has absorbed enough blood to begin the test. Most meters will signal when enough blood is on the strip.
6. View your test result and take the proper steps if your blood sugar is high or low, based on your healthcare professional's recommendations. Use a clean cotton ball or tissue to lightly hold pressure on lanced area if needed.
7. Discard the used lancet properly. This could be a biohazard box or an empty plastic laundry detergent bottle with a top. Change lancets for each testing to prevent the possibility of infection.
8. Record the results in a logbook, hold them in the meter's memory or download to an app or computer so you can review and analyze them later.