

STEPS TO BLOOD GLUCOSE TESTING

	<p>1. Wash & dry your hands with warm water (warm water assists to increase blood flow). Alcohol swabs are not recommended as they dry out the skin.</p>
	<p>2. Put a lancet needle in the lancet device. Select the desired depth by turning the numbered dial. The higher the number, the deeper it will pierce the skin.</p>
	<p>3. Take a strip from the container, and shut the container lid to protect the strips from light and moisture. Check the expiry date. After opening the container, the strips are only good for 6 months (for most meters)</p>
	<p>4. Put the strip in the meter – this will turn on the meter. The meter will tell you when it's ready for blood.</p>
	<p>5. Place the lancet on the side of the finger and press the button to release the needle to poke. Rotate all 10 of your fingers each time. Use the sides of the fingers (soft area).</p>



6. If needed, apply pressure above your finger (milking) to promote blood flow to the finger. Squeezing can alter the blood sugar result. If you did not get enough of a blood sample, dial up the lancet depth for a deeper poke.



7. Place the strip next to the drop of blood. The blood will be “sucked up” by the strip like a straw. Maintain contact until the meter starts to count down or you hear a beep.



8. Within 5-10 seconds, the meter will display your blood sugar result. Record the number in your logbook.



9. Remove the strip and put in the garbage.



10. Remove the needle from the lancet device and put in a sharps container. Remember to change your lancet needle with every test.