

Blood Glucose

Wash your hands prior to testing so residue from lotions, etc. don't affect the test results. Insert a new lancet into the lancing device (Never re-use lancets), prick your finger and allow the blood to make a small bubble. (You can squeeze your finger if needed.) Depending on your glucometer, either drip the blood on top of the test strip or place the test strip up against the drop of blood and it will sip the blood up into the strip like a straw. To get your fasting glucose, test before breakfast and before you drink anything other than water or before you brush your teeth (if possible). When you want to check your fasting glucose, it's best to leave the glucometer out where you will see it first thing in the morning so you won't forget.