



Using a Glucometer

Step 1

Wash your hands.

If soap and water is not available, use an alcohol swab to clean the finger you plan to use.

Step 2

Insert a test strip into the meter.

Wait for the meter to indicate that it is ready to accept a sample.

Step 3

Use your lancing device on the side of your finger to get a drop of blood.

Depending on the type of device, you may need to insert a lancet (needle) and trigger the device first.

Step 4

Hold the drop of blood up to the strip and wait for the result.

The blood should automatically flow up the strip to the meter.

Meter not working? Try these troubleshooting tips:

- Do you have a large enough drop of blood to fill up the channel on the testing strip?
- Is the meter still on and ready to read your blood? (usually indicated by a drop of blood on the screen)
- Testing strips need to be compatible with the meter. Are your supplies from different brands?

Monitoring blood sugar helps you know if your numbers are within your target range. There is no "right" time to test, but the targets will be different throughout the day. Below are the goals set by the American Diabetes Association.

Before a meal: 80-130

1-2 hours after a meal: <180

A1C: <7%

Pro tip: Try "checking in pairs" by checking before a meal and 2 hours after the same meal to find out how your body handled your food.



Diabetes from the
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