BLOOD SUGAR TESTING

**Gather your tools**
- Blood sugar testing is usually done with a needle called a lancet and an electronic glucose monitor. Start by gathering your supplies:
  1. Computer connecting cable (available with some glucose monitors)
  2. Lancet
  3. Glucose monitor
  4. Glucose monitor cover
  5. Lancet device
  6. Lancet device cap with disk to set depth
  7. Test strip
  8. Test strip container

**Insert test strip**
- Remove a test strip from its container and fully insert the test strip into the monitor.

**Prick your fingertip**
- Lancing devices can vary, but many devices use the type of lancet that has a dial. To use, remove the cap and gently twist the dial. Insert it into the opening in the top of the lancet again so that it breaks the skin. Place the lancet device against the side of your fingerprint to avoid making a nick in your skin. Press the button to release the lancet. Before puncturing your finger, rub the area with alcohol to reduce the risk of infection. Insert the lancet device into the side of your fingertip to avoid making a nick in your skin. Press the button to release the lancet. Before puncturing your finger, rub the area with alcohol to reduce the risk of infection. Insert the lancet device into the side of your fingertip to avoid making a nick in your skin. Press the button to release the lancet. Before puncturing your finger, rub the area with alcohol to reduce the risk of infection. Insert the lancet device into the side of your fingertip to avoid making a nick in your skin. Press the button to release the lancet. Before puncturing your finger, rub the area with alcohol to reduce the risk of infection. Insert the lancet device into the side of your fingertip to avoid making a nick in your skin. Press the button to release the lancet.

**Touch test strip to blood**
- Hold your hand down to encourage a drop of blood to emerge. If the blood doesn’t come out easily, gently squeeze the end of your finger. Touch the drop of blood with the test strip. The blood will be absorbed by the wicking action of the test strip.