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 connected code (available with some glucose monitors)
2. Lancet
3. Glucose meter carrying case
4. Glucose meter
5. Lanceting device
6. Lanceting device cap with rod to set depth of skin puncture
7. Test strip
8. Wash containing test strips

Wash your hands

Wash your hands with soap and warm water. Dry them completely. If you don’t have access to soap and warm water, use an alcohol pad to clean the area you plan to stick. Dry the area completely before pricking your skin.

Insert test strip

Remove a test strip from its container and fully insert the test strip into the machine. Some glucose monitors must be coded every time you open a new vial of test strips. If your monitor needs coding, follow the manufacturer’s instructions.

Prick your fingertip

Lancing devices can vary, but many devices use the type of lancet pictured here. First remove the cap and gently twist the round top of the lancet once. Insert it into the opening in the device. Twist the round top of the lancet again so that it breaks away, and remove it from the lancet. Place the lancet device cap onto the lanceting device.

Use the depth dial on the top of the lanceting device to select the penetration depth of your lanceting tip. Before puncturing your finger, hold your hand downward and gently shake it for several seconds. To promote blood flow to the fingertips, place the tip covering the lancet on the side of your fingertip to avoid making the frequently used part of your fingertip sore. Press the button to discharge the lancet.

Depending on your glucose monitor, you may be able to test your blood glucose from other sites, such as your forearm or thigh. Check with your doctor or diabetes educator to find out if alternate site testing is right for you.

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.