

STEP-BY-STEP GUIDE

Monitoring Blood Sugar Levels



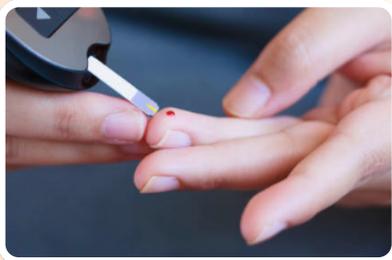
Wash your hands with soap and water and dry with clean tissue paper



Insert the test strip



Use the lancet device to prick your finger and squeeze gently to get a drop of blood



Touch the end of the test strip to the drop of blood



Cover the puncture site with a clean tissue and apply pressure



Wait for your blood sugar level to show on the glucometer screen



Dispose your sharp needles safely e.g. in a strong plastic or metal puncture proof container with a tight cap or lid



Record the result in the blood sugar monitoring form, along with your food diary



Bring your blood sugar record to every doctor visit