

How to Monitor Blood Sugar

Blood Glucose Meter



- Blood sugar level can be easily monitored using a Blood Glucose Meter.
 - ↳ Wash your hands with soap and water and dry with tissue
 - ↳ Prick your finger and put a small drop of blood on the meter's test strip
 - ↳ Your blood sugar level will appear on the meter within seconds
 - ↳ A blood glucose meter is usually the least expensive home testing option, but it only reveals your blood sugar level at the time of check
- Blood sugar and interstitial fluid (fluid found in spaces around body cells) glucose levels are usually similar to each other, and glucose levels can also be measured from the interstitial fluid. There are two types of monitors that measure interstitial fluid glucose: flash glucose monitors and continuous glucose monitors.