

# MEASURING YOUR BLOOD SUGAR

Checking your blood sugar is important when you have diabetes.

### Check your blood sugar when:

- Taking diabetes pills or insulin
- Pregnant
- Traveling
- Changing eating habits
- On new medicines
- Starting new exercise
- Sick



Your healthcare provider may tell you to check your blood sugar:

- When you wake up before you eat
- Before meals
- Two hours after you eat
- If you feel like your blood sugar is too high or too low

A glucometer is a machine that measures your blood sugar.

### Choosing a glucometer:

- Ask your healthcare provide which glucometer is best for you.
- How much does the glucometer cost?
- How much do the batteries and test strips cost?
- Does your insurance pay for the glucometer and supplies?
- Is it easy to use?
- Are the numbers clear to read?
- Is it easy to clean?
- Is it easy to program?
  - Some have special coding. Some have a computer chip that must be changed with every new bottle of test strips.
  - Some have a “control” substance to check the machine.

# Starting Insulin – a patient guide

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To use your glucometer:



1. Wash your hands
2. Put the test strip in your glucometer.
3. Using a sharp lancet, prick your fingertip.
4. Squeeze a small drop of blood out of your finger.
5. Touch the edge of the test strip to the blood.
6. Your machine might “beep” when there is enough blood.
7. Your results will show up on the glucometer.

Write down your blood sugar results and the time of day in the glucometer log book or a notebook. Some glucometers can store blood sugar results. Be sure to learn how to use the the memory.

Show your record to your healthcare provider at every visit.

Causes of incorrect results:

- Dirty glucometer
- Glucometer and test strip are not at room temperature
- Old or outdated test strips
- Glucometer that is not set to the bottle of test strips used by that glucometer
- Too much or too little blood on the test strip

**Your healthcare provider can help you understand how to use your glucometer.**

Place label here.