



# CRACKING THE CODE: Using a Blood Glucose Meter

## Why test your blood glucose (blood sugar)?

### 1 Checking your blood glucose will tell you when your blood glucose levels are high or low due to:

- Timing or amount of carbohydrates (carbs) in meals or snacks
- Physical activity
- Medications, including insulin
- Other factors, such as illness or stress



### 2 To track your progress in reaching your treatment goals and identifying barriers to reaching those goals.

## When to test your blood glucose levels?



### People with diabetes using insulin may need to check their blood glucose at these times:

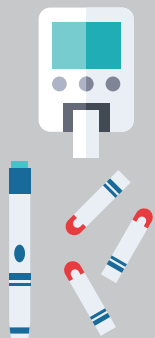
- Fasting or when waking up
- Prior to meals and snacks
- Bedtime
- Prior to exercise
- If low blood glucose is suspected
- After treating low blood glucose levels until blood glucose rises to target range
- Prior to and while performing critical tasks such as driving

Talk with your diabetes care team about when you should be checking your blood glucose.

## How do I use my blood glucose meter?

### What blood glucose meter supplies do I need?

- Blood glucose meter
- Lancet device
- Strips



### To use your blood glucose meter, follow these steps:

- 1 Wash and dry your hands thoroughly. Food or other substances on the finger can affect the reading.
- 2 Take a test strip and insert it into the meter.
- 3 Insert an unused lancet into the lancet device to gently prick your fingertip.
- 4 Touch the edge of the test strip to the drop of blood on your finger and keep it there until the meter shows your blood glucose level on the screen.

After a few seconds, the meter will show your blood glucose level on its screen.

### Tips!

- Use sides of fingers
- Do not "over squeeze" finger
- Avoid testing with a low battery meter
- Do not use expired strips