

How to Check Your Blood Sugar

To check your blood sugar...

START



Wash your hands with soap and water.



Make sure your fingers are very dry.



Are your hands cold?



NO



Prick the side of your finger (it is not as tender as the tip).
You can use any finger.



Squeeze out a drop of blood



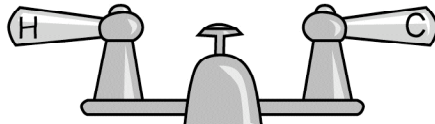
Follow the directions for your meter.



Write your blood sugar on your record sheet.

HOORAY!!

You did it!



YES



Place hands under warm, running water and rub your fingers, or shake them while hanging your hands at your side.

