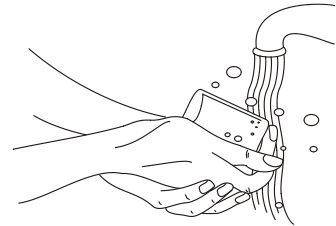


How do I check my blood sugar at home?

The nurses will help you learn to do this. Here are the steps to follow:

1. Wash your hands.



2. Gather your equipment
– you will need your meter,
strips, lancing device and a new
clean lancet (needle).



3. Insert the lancet (needle) into the
chamber of the lancing device,
remove the protective cover to expose
the needle. Replace the cap over the
lancing device.



4. Check the expiry date on your strips.
Insert an unused strip into the meter,
until the meter “beeps” or the screen
turns on.



5. Place the loaded lancing device against the edge of your fingertip and push the button until the needle is released.



6. Wait 3 seconds, squeeze down your finger until a drop of blood comes to the surface.

7. Snow plow the end of the strip into the drop of blood until the meter either 'beeps' or show the count down on the screen.



8. Wait for the result and mark it down in your log book.

9. Remove the cap from the lancing device and pull out the lancet (needle). Discard the lancet in a sharps container. When the sharps container is full take it to your pharmacy to be replaced.



Do not put your lancets(needles) in the garbage. Speak to your community pharmacist to obtain a sharps container for disposal.

Frequently asked questions

What is the best time to check my blood sugar?

Talk with your health care provider to determine the best time to check your blood sugar. It will depend on how many times a day you check. For example, if you check your blood sugar once a day, do not check it at the same time each day. On Monday check before breakfast, Tuesday check before lunch, Wednesday before supper, Thursday before bedtime and so on. This will give you a picture of how your blood sugars change as the day goes on. Your health care provider will help you work out a plan that is best for you.

How often do I need to check my blood sugar?

How often you check your blood sugar depends on what type of medication you take and how well your diabetes is controlled. For example, people on insulin will check more often, up to three or four times a day. People going home from the hospital may need to check more often than they usual do such as two times a day.

As a rule, you are the best person to decide. Work with your health care provider to develop a plan to check your blood sugar that gives you enough information but also is reasonable for you. The bottom line is test as often as you see makes sense, but do these tests at **a different time** everyday.

Why do I need to write my blood sugars down?

Keeping a logbook is the best way for you and your health care provider to get the whole picture of your diabetes. You can also write down other things that affect your blood sugar such as what you eat and drink, your level of activity, whether you are sick and amount of stress you have.

Date	Before Breakfast	2 hours after	Before Lunch	2 hours after	Before supper	2 hours after	Bedtime

Notes:
