



Blood Sugar Testing Guide

General steps for using a blood glucose meter

Meters differ. Always follow the instructions that came with your device and the testing plan provided by your healthcare professional.

Before you start

Gather your meter, compatible test strips, lancing device/lancet, log, and an approved sharps container or the disposal method recommended in your community.

Wash and dry your hands

Clean, dry hands help reduce contamination that can affect a reading.

Prepare the meter

Insert a test strip and prepare the lancing device according to the manufacturer's directions.

Obtain the blood sample

Use the approved testing site and technique described in your meter instructions. Apply the sample to the strip as directed.

Read and record

Record the result, date, time, and context your care team wants you to track.

Dispose safely

Dispose of used lancets and other sharps safely. Do not share lancing devices or meters unless specifically designed and cleaned for multi-person use.

Know your plan

Ask your healthcare professional when to test, what your personal target range is, and what action to take for readings outside that range.

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