



# The Take Control Two-Step

## Small Steps to Manage Chronic Diseases

### **Managing Diabetes Resources**

#### **How To Use a Glucometer**

A glucometer is a device you can use at home to monitor your blood sugar. Keep a record of your results to give your doctor an accurate picture of how your treatment plan is working.

1. Wash your hands.
2. Warming your hands first may make the blood flow easier. Rub your hands together briskly or run them under warm water.
3. Turn on the glucometer. When the machine is ready, place a test strip in it.
4. Wipe the area you've selected with an alcohol prep pad and wait until the alcohol evaporates.
5. Pierce your finger tip with a lancet and obtain a drop of blood.
6. Place the drop of blood on or at the side of the strip.
7. The glucometer will calculate the blood sugar reading. Follow your doctor's orders for whatever blood sugar reading you get.
8. Write down your results. Keeping a record makes it easier for your doctor to establish a good treatment plan. Some glucometers store results for easier record keeping.

#### **Tips:**

1. Make sure you have batteries that fit your glucometer in stock.
2. To prevent needle-stick accidents, dispose of your lancets in a puncture-proof container, like a laundry detergent bottle with a screw-on cap.