

# Tips for Blood Sugar Testing

## Why test your blood sugar?

- To know if your blood sugar is too high or too low.
- So your doctor can help you control your diabetes. Remember to take your log book to every appointment.

## When should you test your blood sugar?

Always follow your doctor's direction for when to test

### If you only take pills for diabetes:

- If you have been asked to test your **fasting** blood sugar, do it first thing or soon after you wake up.
- **Occasionally**, consider checking before your meal **and** 2-3 hours after the first bite of your meal. You choose: breakfast, lunch, dinner or just before bed.

### If you are on insulin:

- Test as above. However, it is a good idea to make a habit of testing your blood sugar before injecting insulin to ensure you are safe to give yourself insulin.

## Other Tips and Info:

- Washing your hands helps to wash off any sugar you may have picked up by touching a counter top, doorknob, or shopping cart.
- Testing on the side of your fingers helps to protect the feeling of your fingertips and is not as sensitive.
- Limit using alcohol to clean before testing. It can give you a wrong meter reading.

## To test your blood sugar...

Start By...



Wash your hands with soap and water



Use warm, running water and rub your fingers. You can also shake them while hanging your hands at your side. (This helps to warm them and improves blood flow)



Make sure your fingers are very dry



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

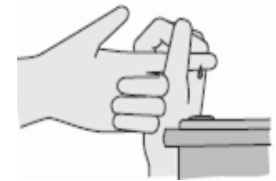
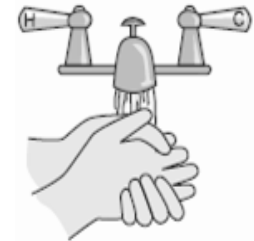


Follow the directions for your meter **EXACTLY**



Write your numbers down on a record sheet

**HOORAY!! You did it!**



For more information about blood sugar testing call CCHP  
Disease Management Program Nurse 925-313-6968



Learn more about Scripps Whittier Diabetes Institute at  
[scripps.org/diabetes](http://scripps.org/diabetes) or call 1-877-WHITTIER (944-8843)