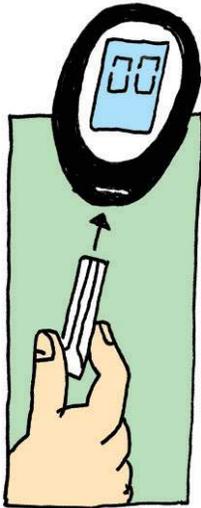


# BLOOD GLUCOSE METERS

A blood glucose meter uses a small drop of your blood to show you how much glucose (blood sugar) is in your blood at that time.

First, read the information that comes with the meter. Follow the directions to get the meter ready to use.



## Using Your Meter

1. Wash your hands with soap and warm water.
2. Put the lancet or needle in the lancing device (if it is not already in the device).
3. Put the test strip in the meter.
4. Gently prick (stick) your finger using the lancing device. The fatty skin by the side of one of your fingernails is a good spot.
5. Touch the drop of blood on your finger to the test strip. Your blood sugar number will appear on the meter in a few seconds.
6. Throw the lancet (needle) away in a sharp container or other sealed hard bottle or jug.



All meters are different. If you have any questions, call the phone number on the back of the meter. Or, talk to your doctor or pharmacist.