

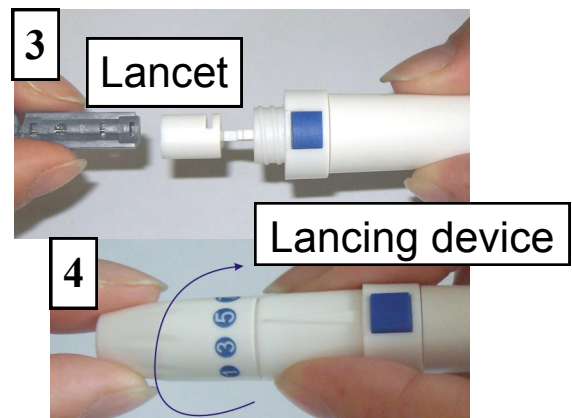
How to Check Your Blood Sugar

Good times to test are before meals, 2 hours after meals, and bedtime.

1. Set up the meter's date and time (using the directions that come with the meter).
2. Wash your hands.



3. Put the lancet into the lancing device.
4. Adjust dial for skin penetration.



5. Put a test strip in the meter.
6. Prick the side of your finger with the lancet.
7. Touch the drop of blood from your finger to the test strip.
8. Wait a few seconds for the meter to give a number.
9. Record in your log book.



What should my blood sugar be?

Before meals	80—130
2 hours after meals	Less than 180