

Measuring blood sugar levels: How does it work?



1. Prepare all necessary implements:

Measurement device, test strips, lancing device, handkerchief, blood sugar diary.



2. Wash your hands.

For example, if you eat something before measuring your blood sugar, any residual sugar, fat, or protein on your hands could lead to an incorrect reading. Soap and water are sufficient – disinfection agent is not necessary.



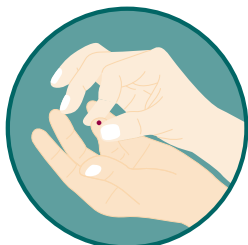
3. Dry your hands well.

Dampness on your hands can dilute the drop of blood.



4. Use a new lancet (lancing device) for each measurement.

Puncture the lateral fingertip, ideally the middle finger, ring finger, or little finger. Regularly change the puncture site.

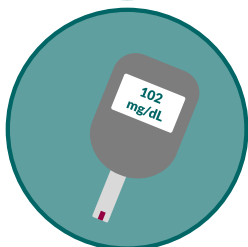


5. Apply light pressure until a drop of blood forms.

Applying too much pressure can cause the production of tissue fluid. This can dilute the blood and lead to an incorrect measurement.



6. Collect the drop of blood using the intended part of the test strip.



7. The reading appears with a few seconds on the display.

Record the reading (or use the blood sugar diary).



8. Dispose of the lancet in a shatterproof container.

The test strip can be disposed of as household waste.