Steps to monitor blood sugar with a glucometer

1

Wash your hands. Using warm water will help get blood to the fingertips.

2

Squeeze the finger that you are going to prick until it turns red.

3

Prick your finger with a lancet (a small, sharp needle). [**Tip**: Pricking the **sides** of your fingertips, **not the center** part of your finger, will be less painful]

4

Put a drop of blood on a test strip. [**Tip**: Make sure you apply enough blood to the test strip area]

5

Your blood glucose meter will display your blood glucose result.

6

Record the results in a log book.

*Notice: Use a different finger to test for blood sugar to avoid hardening the tissues.

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使用血糖儀檢測血糖的步驟

1

用溫水洗手，以幫助血液流向指尖。

2

擠壓手指，直到它變紅。

3

用刺血針刺您的指尖側面。
[**小貼士**：刺指尖**側面**，而**不是手指的中心部分**，這可以減輕痛楚]

4

將一滴血放在試紙內。
[**小貼士**: 確保塗上足夠的血液在試紙內]

5

血糖儀將會顯示您的結果。

6

將血糖結果記錄在日誌中。

注意: 請替換不同手指進行測試, 以避免組織硬化。

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