

Self-Monitoring of Blood Sugar

- Use warm water to wash hands
- Rub hands together vigorously to increase blood circulation, shake hand to force blood to the fingertips
- Hold the hand down at your side for 30 seconds
- Set the lancing device to puncture to get the size of blood drop needed
- Lance the side of the finger instead of the fingertip
- Milk blood towards the fingertip
- Put blood on the strip
- Alternate Site Testing
- Use appropriate meter
- Note in glucose log book
- Alternate site testing can be done when glucose levels are steady, not when they are expected to change. It is recommended that you check with your physician before using alternate sites.

