



# How to do a blood sugar test at home

Most people with diabetes need to regularly test their blood

turns on.

5. Place the loaded lancing device against the edge of your fingertip and push the button until the needle is released.

6. Wait 3 seconds, squeeze down your finger until a drop of blood comes to the surface.

7. Snowplow the end of the strip into the drop of blood until the meter either beeps or shows the count down on the screen.

8. Wait for the result and mark it down in your log book.

9. Remove the cap from the lancing device and pull out the lancet (needle). Discard the lancet in a sharps container.

When the sharps container is full, take it to your pharmacy to be replaced. Do not put your lancets (needles) into the garbage. Speak to your community pharmacist to obtain a sharps container for disposal.