

## **MEASURING MY BLOOD GLUCOSE**

# YOU SHOULD TEST AT LEAST 4 TIMES EVERYDAY AND KEEP A RECORD IN YOUR DIARY



#### **1.** WHEN YOU WAKE UP, BEFORE BREAKFAST

# 2. IN THE LATE MORNING OR AFTERNOON BEFORE YOU EAT LUNCH



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#### 3. IN THE EVENING BEFORE YOU EAT DINNER





## 4. BEFORE YOU GO TO SLEEP

# A GOOD BLOOD GLUCOSE LEVEL IS BETWEEN 4 - 10 MMOL/L (72 - 180 MG/DL).









## HOW TO USE MY GLUCOMETER?



#### YOUR HANDS

## 2. PRICK YOUR FINGER WITH THE LANCET

3. INSERT THE STRIP IN THE GLUCOMETER









### 4. PUT A SMALL DROP OF BLOOD ON THE STRIP

# 5. WAIT A FEW SECONDS

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#### 6. WRITE THE RESULT IN YOUR DIARY

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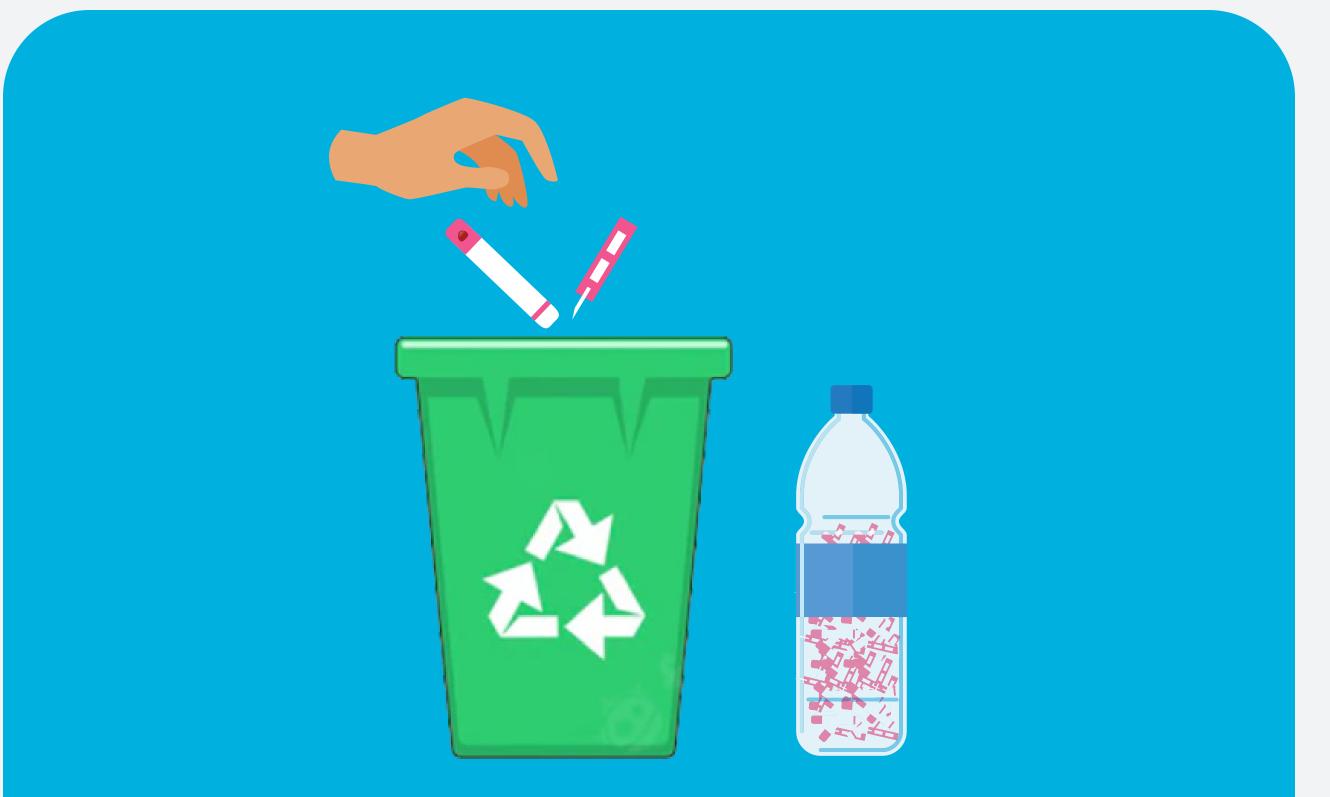
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THROW AWAY THE USED TEST STRIPS AND LANCET PROPERLY AND KEEP YOUR GLUCOMETER IN A SECURE PLACE







