

HELLO  
TYPE 1

# BLOOD GLUCOSE MONITORING

## 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).



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## HOW TO USE MY GLUCOMETER?



1. WASH AND DRY YOUR HANDS



2. PRICK YOUR FINGER WITH THE LANCET



3. INSERT THE STRIP IN THE GLUCOMETER



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4. PUT A SMALL DROP OF BLOOD ON THE STRIP

5. WAIT A FEW SECONDS



6. WRITE THE RESULT IN YOUR DIARY

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



TIPS : **DO NOT USE** THE SAME FINGER ALL THE TIME. TEST THE SIDE OF THE FINGERTIP.