

How to Check Your Blood Sugar?

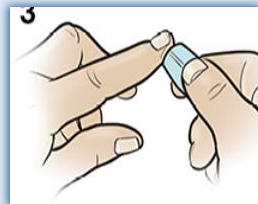
1

Wash your hands with soap and warm water. Rinse well.



2

Gently rub your hands to warm them.



3

Put the test strip into your glucometer.



4

Prick the side of your finger.



5

Touch your blood drop to the test strip.



6

Write the results in your book.

