

## How to Measure Capillary Blood Glucose

### STEP 1 - WASHING YOUR HANDS

Wash your hands with soap and warm water.

This step reduces the risk of infection, facilitates the blood sampling and improves the accuracy of the result. It's important to thoroughly dry your hands to avoid diluting the drop of blood with water.

### STEP 2 - PREPARING THE SUPPLIES

#### 1- Assemble the supplies.

Get your meter, your test strips, your lancing device, a lancet and a tissue.

#### 2- Insert the lancet and prime the lancing device.

The lancets (needles) should be used only once and discarded in a medical waste container. You can find these containers at a pharmacy, where they have to be returned for safe disposal once full.

#### 3- Check the test strip expiry date.

The test strips have to be kept in a cool and dry place, and they have to be used before the manufacturer's expiry date (write the opening date on the container). Otherwise, they could generate inaccurate results.

### STEP 3 - MEASURING YOUR BLOOD SUGAR LEVEL

#### 1- Insert a test strip into the meter (or push a test strip into place if it's integrated).

If the test strip is taken out of a container, it's important to immediately close the container because the test strips are sensitive to light and moisture.

#### 2- Prick the side of your fingertip with the lancing device.

It's important to avoid pricking the end of the fingertip to preserve sensitivity. Think about checking the needle depth setting on your lancing device. It should be set close to the minimum depth. You simply need to push a bit harder against the finger for it to work. The finger prick is less painful that way.

#### 3- Squeeze out a drop of blood.

Apply gentle pressure to the fingertip, with your finger pointing up.

#### 4- Immediately apply the drop of blood on the reactive portion of the test strip.

#### 5- Wait for the result and write it down in a log, or check that the result has been properly sent to your phone application.