

TEST YOUR BLOOD SUGAR

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4 Ways to Test Your Blood Sugar - wikiHow

To test your blood sugar, wash your hands with soap and water and clean the finger you're going to prick with rubbing alcohol. Then, insert a test strip into the glucometer, pull off the top of the lancing device, and push the lancet into the device until you hear a click. When the glucometer prompts you for a sample, position the lancing device on the side of your clean finger and push the

How to Test Your Blood Sugar - WebMD

To check your blood sugar, you'll use a glucometer, a device that pricks your finger, giving you a tiny blood sample to test. "Most glucometers are pretty similar nowadays," Harris says, but she

Blood sugar testing: Why, when and how - Mayo Clinic

Blood sugar testing requires the use of a small electronic device called a glucometer. The meter reads the amount of sugar in a small sample of blood, usually from your fingertip, that you place on a disposable test strip. Your doctor or diabetes educator can recommend an appropriate device for you.

How to Test Blood Sugar | Accu-Chek

View your test result and take the proper steps if your blood sugar is high or low, based on your healthcare professionals' recommendations. Discard the used lancet properly. Record the results in a logbook, hold them in the meter's memory or download to an app or computer so you can review and analyze them later.

Testing Blood Sugar Levels | OneTouch

Learn how to check your blood sugar levels with these 4 simple steps that will help you self-monitor your blood glucose levels. Test with confidence and take control of your diabetes with OneTouch . Test with confidence and take control of your diabetes with OneTouch .

How to Test Your Blood Sugar Levels - WebMD

Continued. If you keep seeing unusual results, recalibrate your meter and check the test strips. The chart below gives you an idea of where your blood sugar level should be throughout the day.

When to Test Blood Sugar | Accu-Chek

Checking your blood glucose as recommended can help you see how your meals, medications and activities affect your blood sugar. The American Diabetes Association (ADA) recommends that you routinely test blood sugar levels to aid in managing your diabetes. 1

What Is a Normal Blood Sugar Level? - Diabetes Self-Management

You can learn what your blood glucose is at a given moment with a fingerstick blood test, using any available

glucose meter. It may hurt a little, and the test strips cost money, but you can get good information. You can reduce the pain and the hassle of needle sticks and get more information with a

7 Blood Sugar Testing Mistakes to Avoid | Everyday Health

If you have diabetes, it's imperative that you learn to effectively self-test your blood sugar to keep your glucose levels in check. For example, results from a study of more than 5,000 people