How to Use a Blood Glucose Monitor in 7 Steps



1. Wash your hands
Use warm, soapy water and dry thoroughly with a clean towel.
If you use an alcohol swab, let the area dry completely before testing.



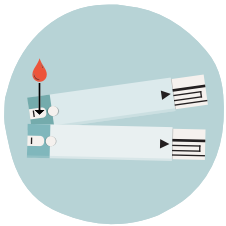
2. Prepare the lancet device
Insert a clean needle into the lancet. Adjust the depth setting if needed.



3. Insert a test strip
Take out a new test strip and insert it into the meter as directed.
Remember to close the strip container immediately to avoid contamination.



4. Lance your finger
Choose a spot on the side of your fingertip and gently press the lancet against your skin. Then push the button to prick your finger.



5. Collect the blood sample
Place a drop of blood on the test strip (gently squeeze your finger if needed). Make sure the drop of blood fills the test area.



6. Wait for the result
The meter will process the sample and you'll see your result on the display. This usually takes less than a minute.



7. Record and clean up
Log your result in a notebook or app. Safely dispose of the used lancet and test strip. Apply pressure to your finger until any bleeding stops.