

Wash your hands before and after testing

- Use warm water.
- Use pump soap, if possible.
- Rinse your hands well.
- Dry with a clean towel.
- You may use a hand sanitizer containing a 60% alcohol base if clean water is not available.



Prepare your lancing device

- Use a new lancet each time you test your blood to decrease the chance of infection.
- A used needle could be dull. A dull needle could increase pain and decrease the amount of blood you get from the stick.
- Use a puncture resistant container to discard used lancets.
- Do not share your lancing device with others. It may contain blood from previous testing.

Prepare your meter and test strips

- Keep your testing supplies in a location away from heat, cold or humidity.
- Do not store your supplies in the bathroom.
- Check the expiration date on the bottle of tests strips. If the date has past, the strips have expired. **DO NOT USE THEM.**
- Using expired strips may cause your results to be inaccurate.



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- When you open a new bottle of test strips, write the date on the bottle.
- Discard test strips three months (or per manufacturer instructions) from the date they were opened.

Perform your control tests

- Run a control test with your control solution to see if your meter and test strips are working properly.
- You should run a control test when:
 - You use your meter for the first time.
 - if you drop the meter.
 - When your blood glucose test results do not reflect how you feel.
 - Whenever you get unusual results.



Other important information

- Do not compare results from one meter to the results you may get on another meter.
- If your test results are abnormally high or low, call your physician. Additional testing may be needed.
- When you receive a new glucose meter, discard or put away your old meter and supplies, they will not work with your new meter.
- Your meter will record your blood glucose results, but you may also keep a written record or log for your physician to review and for insurance purposes.

Source: <http://diabetes.niddk.nih.gov>.

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