

How to Check Your Blood Sugar



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



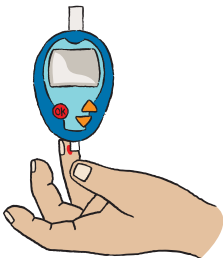
2 Gently rub your hands to warm them.



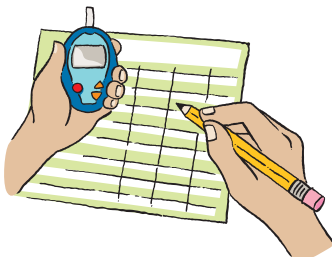
3 Put the test strip into your meter.



4 Prick the side of your finger.



5 Touch your blood drop to the test strip.



6 Write the results in your book.