How Do I Check My Blood Glucose?

iUGO CARE
Connected Care. Everywhere.

Before You Take a Reading

✅ **Read the owner's manual carefully**. All devices are different, and you will need to understand how to operate your device to ensure your readings are sent to your doctor.

✅ **Check your device**. It should be stored in a safe and dry place, plugged in or fully charged, clean and free of debris, and inspected for any damage or faults.

✅ **Store your test strips** in the vial with the lid closed tightly. Keep the strips dry and away from heat. Strips should be stored between 39.2ºF to 104ºF (4ºC to 40ºC). If strips are not stored properly results might be incorrect.

✅ Make sure the test strip is not expired. Discard any damaged or outdated test strips. Only use test strips that are designed for your device.

✅ **Calibrate your device** with each new vial of test strips. Refer to the owner's manual for proper calibration of your device.

✅ Try to measure your blood glucose at the **same time each day**. Blood glucose levels change naturally through the day, and this will ensure your measurements are accurate.

Measuring Your Blood Glucose

1. Wash your hands before inserting the test strip into the device. Make sure the test strip is fully inserted into the device.

2. Clean your finger with an alcohol wipe and allow it to dry.

3. Use your lancing device on the side of your fingertip to get a drop of blood.

4. Start the device to measure your blood glucose. **Refer to the owner's manual for how to turn on the device and send the reading to your doctor.**

5. Touch and hold the drop of blood to the edge of the test strip and wait for the result to appear. Do not remove the strip until the result has appeared.

6. Dispose of the test strip and the lancet in a sharps container. If you do not have a sharps container, check with your local trash disposal agency to properly dispose of the lancet and strip.

7. You're Done! Now you can put your device back in storage.