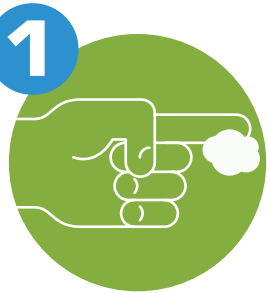


Getting Your Blood Sugar Tested

Getting your blood sugar tested may seem scary, but it is a very simple test that tells us important things about your health.

We will use a small machine called a blood glucose meter and collect a small drop of your blood to tell us how much sugar is in your blood.

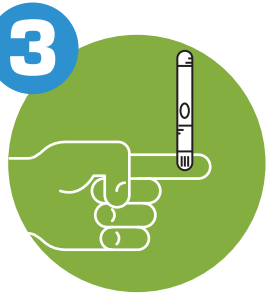
We will...



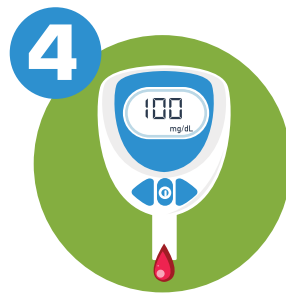
1 **Clean your finger** with an alcohol wipe to make sure it is free of germs.



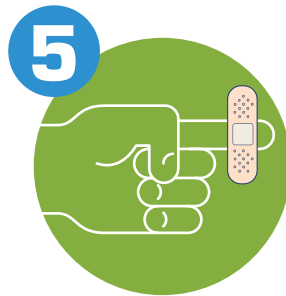
2 Gently **rub your finger** to get blood flowing which makes the test easier and quicker.



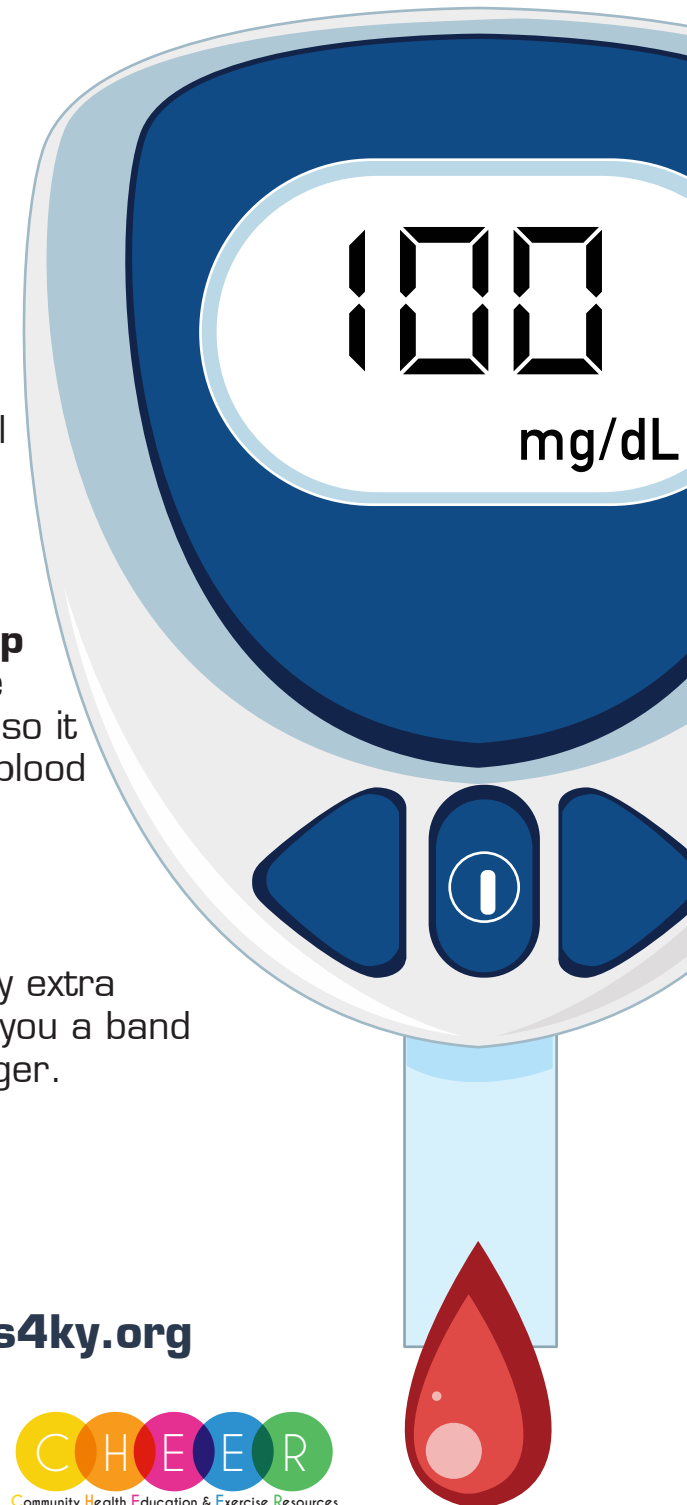
3 Use a lancing device and touch it to your fingertip. On the count of three we will press a button and you will **feel a small prick**. A small drop of blood will appear on your fingertip.



4 **Touch the drop of blood** to the glucose meter so it can read your blood sugar.



5 **Wipe away** any extra blood and give you a band aid for your finger.



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