

# How to Check Your Blood Sugar

To check your blood sugar . . .

**START**



Wash your hands with soap and water.



Make sure your fingers are very dry.



Are your hands cold?



**NO**



Prick the side of your finger (it is not as tender as the tip).  
You can use any finger.



Squeeze out a drop of blood.



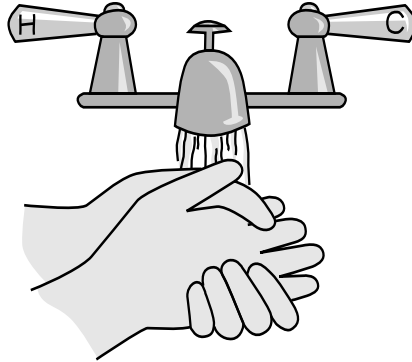
Follow the directions for your meter.



Write your blood sugar on your record sheet.

**HOORAY!!**

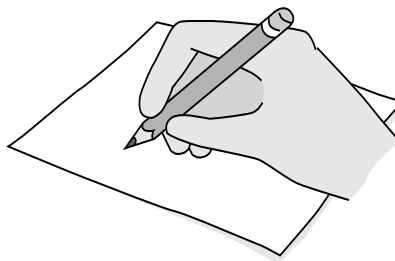
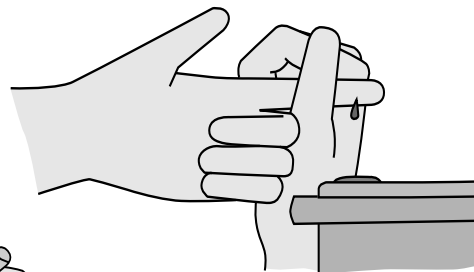
*You did it!*



**YES**



Place hands under warm, running water and rub your fingers, or shake them while hanging your hands at your side.



PROJECT DULCE™  
DIABETES EXCELLENCE ACROSS COMMUNITIES

Translation of this publication was supported by HRSA HCAP Grant # G920A02204.

©2004 The Whittier Institute for Diabetes

Permission granted by The Whittier Institute for Diabetes to copy for patient education purposes. For additional information see [www.whittier.org](http://www.whittier.org)