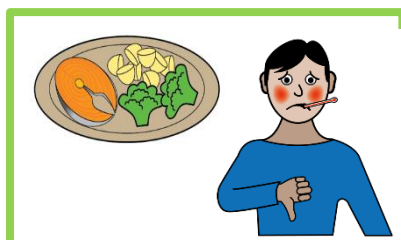


How to test your blood sugar levels



Test your blood sugar level 30 minutes before eating or, if you feel unwell.



Before you test, wash and dry your hands



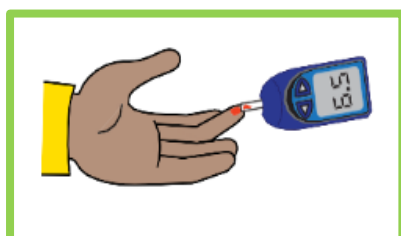
Use a new needle each time. Put the needle in your lancet



Put a new test strip in the meter.



Prick the side of your finger



Allow the strip to soak up the drop of blood. Wait for your reading on the screen.



Carefully put the used test strip and needle in the yellow sharps bin.