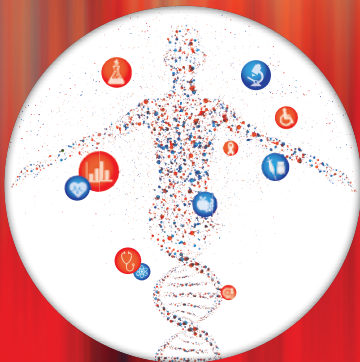




U.S. FOOD & DRUG
ADMINISTRATION

Your Glucose Meter

Meters come in different sizes. Meters also come with different features. Some meters let you track and print out your test results. Others have audio and larger screens to help people who have problems seeing. The meter you choose should fit your lifestyle and your needs.



Glucose meters test and record how much sugar (called glucose) is in your blood. They help you track your blood sugar level at different times of the day and night.

Meters can help you know how well your diabetes medicines are working.

They can also help teach you how the food you eat and exercise can change your blood sugar level.



Three things you will need with your meter:

- **Lancet** — A small needle used to get a drop of blood from your finger or other part of your body.
- **Test Strip** — The strip goes in the meter. You put a drop of blood on the strip.
- **Control Solution** — Liquid used to make sure your meter is working right.

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7 Helpful Tips For Testing Your Blood Sugar



1. Read the directions for your meter and test strips before you use them.



2. Wash your hands before you check your blood sugar.

Food or juice on your fingers could make the meter give you the wrong result.



3. Use the right test strip for your meter.

The meter may not work right or may give you the wrong result if you use the wrong test strip.



4. Write down your results and the date and time you tested.

Do this even if your meter tracks your numbers. Take the results with you when you go to your doctor.



5. Clean your meter as directed.

Some cleaning products may harm your meter.



6. Ask your healthcare provider if your medicines will change your blood sugar.

If you are a kidney patient on dialysis, the dialysis solution can change your blood sugar.



7. Take your meter with you when you go to your doctor.

This way you can test your blood sugar in front of the doctor or nurse to make sure you are doing it the right way. Your healthcare provider may be able to print out your blood sugar results from your meter.

This fact sheet was developed by the FDA Office of Women's Health.

To get other FDA diabetes resources, go to:

www.fda.gov/womensdiabetes

