

[TRANSCRIPT]

Patient: My doctor told me that checking my blood sugar is important in managing my diabetes. Talk with your doctor to see how often and when the best time for monitoring your blood sugar is for you.

Super: Not an actual patient.

Patient: Once you and your doctor have a monitoring plan, here's what you'll need:

A blood sugar meter, test strips, a lancing device -- to prick your finger and get a blood sample -
- and a log to record your blood sugar readings.

Once everything is ready, here's what you'll need to do.

First, wash your hands.

Then insert a new test strip into your meter.

Then prick the side of your finger tip using your lancing device. The sides of your fingers have fewer nerves and it won't hurt as much.

Next, hold the edge of the test strip so that it touches the drop of blood
...and wait for the reading to appear.

Here are some extra tips.

- Use a new lancing device every time you check
- Dispose of sharps safely. Never throw them into the trash.

All meters are a little bit different, so make sure you go over the user's manual before you use.

I always log my blood sugar so I can show my doctor. It helps give him a better picture of how my diabetes treatment plan is working. So make sure you take your log book to all your doctor visits.

Now you know the basics of blood sugar monitoring!

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