

# Guide to using **Self-Monitoring Devices**



## **Blood Sugar Monitor**

Appropriate self-monitoring of blood glucose can help you manage your daily blood glucose and better adapt your lifestyle and treatment to suit your needs.

### **Aim for Blood Sugar Control**



Blood sugar before meals  
**4.0 to 7.0 mmol/L**



Blood sugar 2 hours post-meal  
**Below 10.0 mmol/L**

Please scan the QR code for more information on blood sugar monitoring.



If you have any further questions on the self-monitoring devices, you can talk to our health counsellors. To make an appointment with our health counsellors, call (+65) 66436969.

# Blood Glucose Monitoring Steps



(Please refer to instruction in user manual for detail steps)

**1**



Wash hands with soap and water.

**2**



Clean the side of finger with alcohol swab (if no access to soap and water).

**3**



Check test strips' expiry date.

**4**



Take out 1 test strip.

**5**



Insert test strip at the bottom of meter (slot)

**6**



Look for flashing drop symbol on screen.

**7**



Insert lancet (needle) into pen device.

**8**



Prick side of finger using lancing device. Press trigger button.

**9**



Touch the drop of blood to tip of test strip. May need to squeeze finger lightly for bigger drop of blood.

**10**



Apply dry swab over punctured finger.

**11**



Note blood sugar level on screen.

**12**



Remove or eject test strip (depending on type of meter).

**13**



Dispose lancet (needle).

**14**



Record blood sugar level in diary.