



Taking a blood glucose reading

1. Try to find a vein along the inside of the ear.
2. Hold the needle at approximately 45 degrees to the tiny ear vein and prick it to get a drop of blood.
3. Insert strip into glucometer as the blood drop is forming.
4. Hold strip up to blood drop and allow it to suck up the blood.
5. Hold the ear (pinch it) to stop the bleeding
6. For the next reading, you may be able just to pick off the scab rather than prick the ear again.
7. Remember to follow the manufacturer's instructions that come with your glucometer for calibrating it.