All meters are slightly different, so always refer to your user’s manual for specific instructions.

How to Test Your Blood Glucose

First, wash your hands. Insert a test strip into your meter.

Use your lancing device on the side of your fingertip to get a drop of blood.

Gently squeeze or massage your finger until a drop of blood forms.

Required sample sizes vary by meter (examples at right).

Touch and hold the edge of the test strip to the drop of blood, and wait for the result.

Your blood glucose level will appear on the meter’s display.

The American Diabetes Association recommends the following for adults with diabetes:

- **A1C Test** (estimated average blood glucose)
  - At least twice a year. If your treatment has changed or you’re not achieving your blood glucose goals, up to four times a year.
  - Yes ☑

- **Dentist Visit**
  - Twice a year
  - Yes ☑

- **Annual Tests, Shots, and Visits**
  - Flu vaccine
  - Yes ☑
  - Fasting lipid profile (cholesterol and triglycerides)
  - No ☐
  - Urine albumin excretion (kidney function)
  - No ☐
  - Serum creatinine (kidney function)
  - No ☐
  - Dilated eye exam
  - No ☐
  - Foot exam including neuropathy testing with monofilament
  - No ☐

- **Other Screenings and Vaccinations**
  - PAD (peripheral arterial disease) screening for those at risk
  - Yes ☑
  - PPV (pneumococcal polysaccharide vaccine)
  - A one-time vaccine for most, but people over 65 will need to get it again.
  - No ☐