

CHECKING BLOOD SUGAR

Why do I have to stick my finger?

You, your family, and your diabetes care team will make a plan to take care of your diabetes. You check your blood sugar (glucose) to see if your plan is working. Check your blood sugar as often as you and your diabetes care team decide is best.



How do I check my blood sugar?

You will need a few things to get your blood sugar level:

- ▶ Lancet device (holds the sharp lancets)
- ▶ Lancet (finger poker)
- ▶ Blood sugar meter
- ▶ Strips for the meter
- ▶ Soap and water
- ▶ Logbook

Talk with your diabetes educator. He or she will show you how to use your meter and lancet device. Get the drop of blood from your fingertips. Use the sides of your fingers for the best drops and it's less painful.

Some people are able to use blood drops from their arms or hands. Talk with your diabetes care team about how to use these places.

Where do I put the lancets?

Keep the lancets to yourself! You don't want anyone to get stuck by accident. Here's some good advice when it comes to the sharp lancets:

- ▶ Never let anyone use your lancet device or your lancets.
- ▶ Talk with your diabetes educator about how to throw away the used lancets safely.
- ▶ Keep all your diabetes care supplies away from little kids!

What can I do to make the checks more comfortable?

Good question! Here are some tips:

- ▶ Be sure your fingertip is warm and pink. Wash your hands in warm water or shake your hands to get the blood into the fingertips.
- ▶ Use an adjustable lancet device to get a drop without poking too deeply.
- ▶ Poke on the sides of your fingers, not the tips.
- ▶ Gently squeeze a blood drop from your fingertip.
- ▶ Use skin cream to keep your fingers soft.

Tracking Blood Sugars

Keep track of blood sugars in a logbook. It's a good way to show your diabetes care team how your diabetes is doing. It's also the best way for you to keep track of your progress. Some meters can keep an electronic record of your blood sugars. Work with your care team. See if it is better for you to keep a written logbook or to use your meter as a log. Remember to look at your meter. Bring it to your diabetes check-ups.

A Balancing Act

Staying healthy means keeping your blood sugar in balance. Do this with diet, physical activity, and medicines. Keep your blood sugar levels in the target range. You and your parents can work with your diabetes care team to decide what a healthy target range is for you. Remember, you're the most important person in your diabetes management.

Each day you will make decisions and choices about your health. You will decide:

- ▶ What to eat
- ▶ How much to eat
- ▶ When to eat
- ▶ What kind of exercises to do
- ▶ When to take your medicine
- ▶ And lots of other things about being YOU!