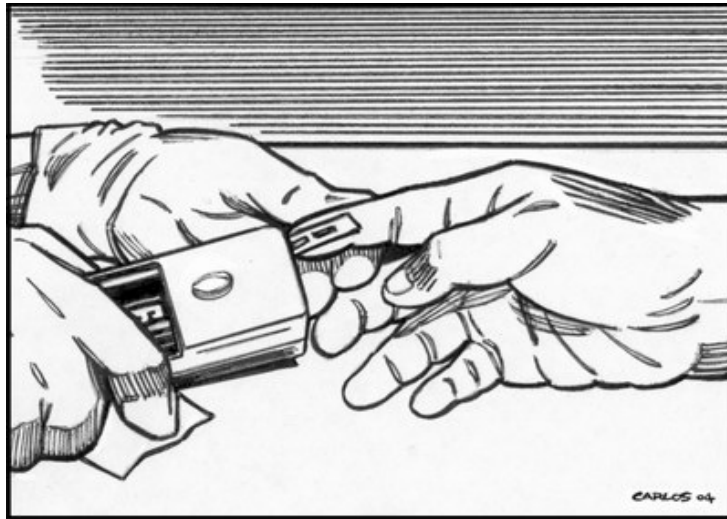



# Diabetes

## Blood glucose tests



Some people with Diabetes have to do blood glucose tests. This test will tell if your blood glucose levels are  good,

OK or  bad.

Your levels are an indication for you to decide what sort of food, drink and exercise you need to have.

### Do you have to have blood tests?

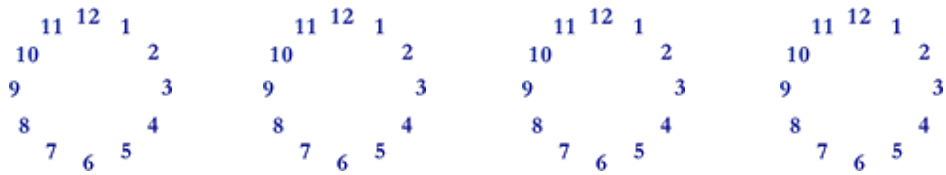
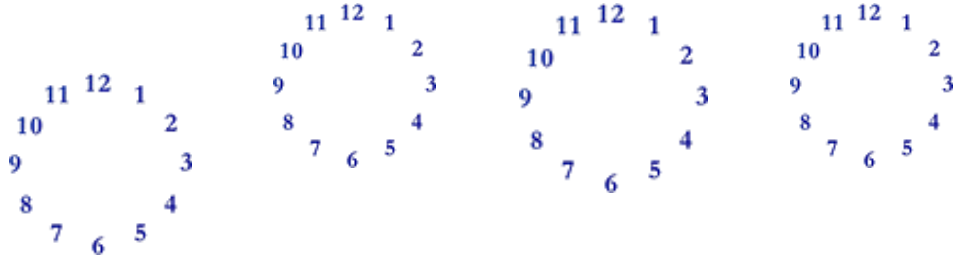
*Tick if you have blood tests*

 Yes

 No



**If you have to have blood tests, write in the clocks the times you have them**



**Tick which part of the blood glucose test you do by yourself**





Insert the strip into the machine



Prick the side of finger with the lancet



Dispose of the lancet into the sharps container



Press finger to squeeze out a drop of blood  
and put blood on the strip



Wait for results



Write the results in diary



Ask what the result is and what I need to do

Your doctor will tell you what your blood glucose level should be.

**'Low' blood glucose level** may be because you have:



missed eating a meal



not eaten enough  
carbohydrates



had too much medication  
or insulin

**'High' blood glucose level** may be because you have:



eaten too  
much fatty  
or sugary  
food



not taken  
your  
diabetes  
medication  
or insulin



not done  
enough  
exercise



or been  
sick

If your blood glucose levels are low or high you need to tell somebody who can help you.

