

What you need to know about.....

Capillary blood testing

Measuring blood glucose is one way of monitoring your diabetes. By keeping your blood glucose as near to the normal range as possible you can reduce the risk of diabetes complications.

Your doctor or nurse should discuss with you what blood glucose level to aim for and how frequently to test.

By using the blood test results you can learn how different things can affect you diabetes.

This could include:

- The food you eat
- The exercise you take
- Illness and stress
- Any changes in diabetes medication

You may find it helpful to write down your results to discuss with your diabetes team and also to help you see any changes in your blood glucose control at an early stage.

There are many meters available to buy, however you should discuss your individual needs and to have a demonstration of how the meter works before you buy it.

When testing your blood:

- Wash and dry your hands to remove anything that may interfere with the test results.
- Prick the side of your finger and wait at least 5 seconds before gently squeezing it.
- Follow the guidelines for your meter. Usually there is a help line number with the instructions