

# BLOOD GLUCOSE 101: TIPS TO GET A SUCCESSFUL READING

## TIP 1

With some meters, you can use your **forearm, thigh, or fleshy part of your hand** instead of your fingertip.

## TIP 2

If you use your fingertip, stick the **side of your fingertip by your fingernail** to avoid having sore spots on the pad of your finger, where you touch things the most.

## TIP 3

**Spring-loaded lancing devices** can make sticking yourself less painful.

## TIP 4

Used sharps (lancets and needles) are **hazardous waste** and **should not go directly in the trash**; if they aren't thrown away safely, they can cut and infect other people. Protect your community by always throwing away your used sharps in a **sharps disposal container**.

**Free sharps containers** may be available through your doctor, hospital, health insurance, or where you get your medicine. You can also **buy one** from your pharmacist or online. If you have something around the house, such as an empty, heavy-duty, plastic container, that can be used, too, as long as it stands upright and has a tight-fitting lid that cannot be punctured and does not leak. For example, an empty detergent bottle or a coffee can could both work.