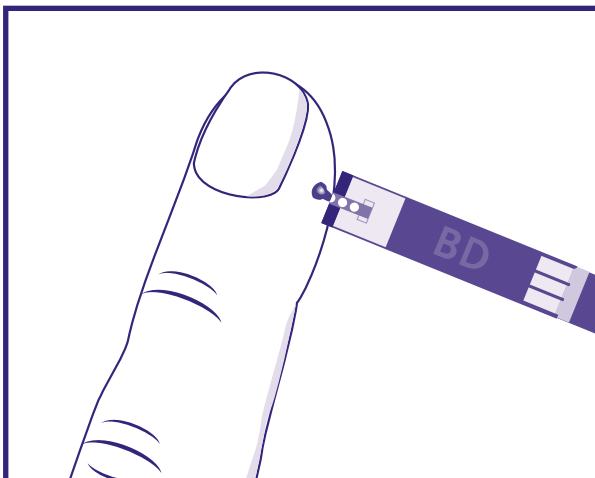
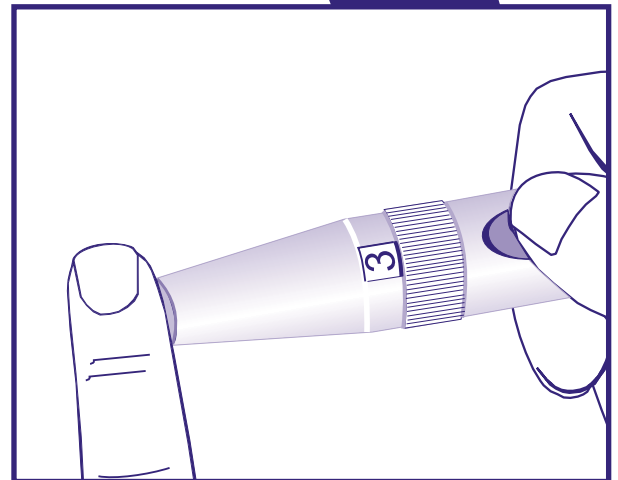




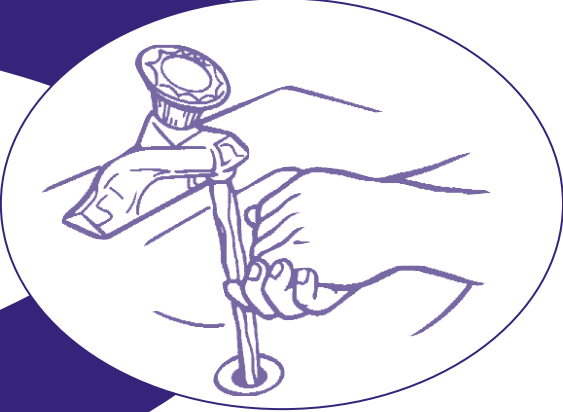
BD Getting Started™

Self-Testing of Blood Sugar

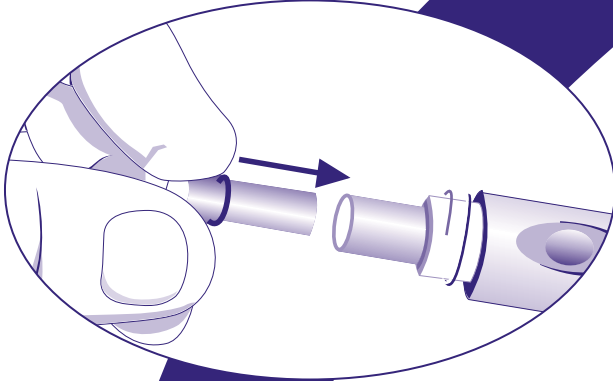




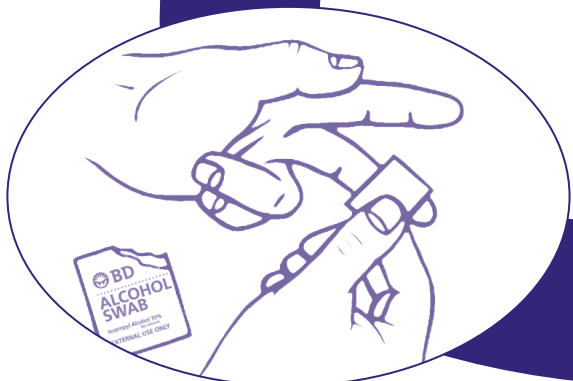
1. Get Supplies



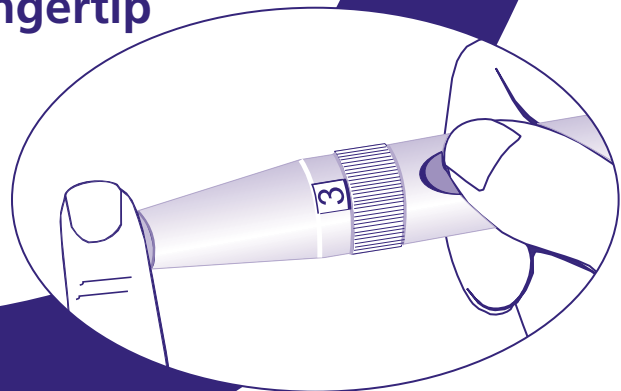
2. Wash hands in warm water



3. Load device with BD Ultra-Fine™ Lancet

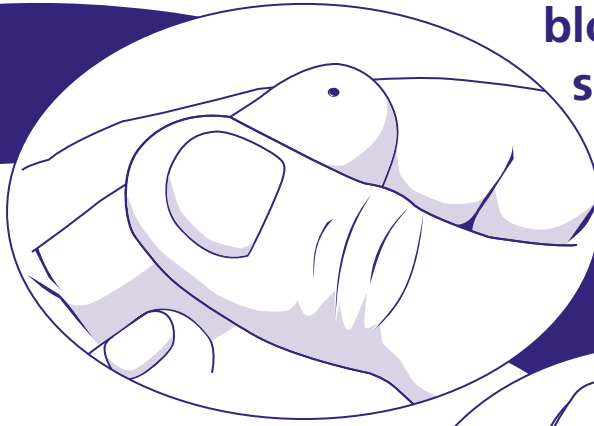


4. Wipe finger with BD™ Alcohol Swab. Let fully dry.

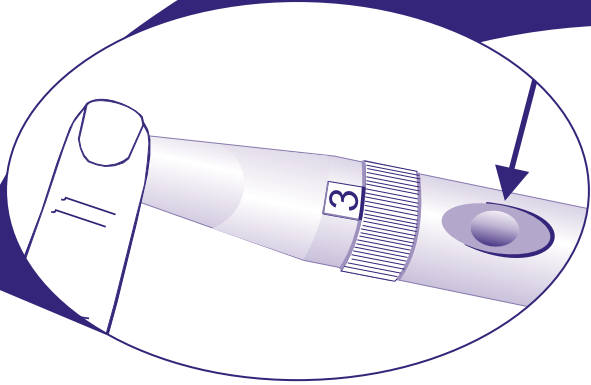


5. Hold BD™ Lancing Device to side of fingertip

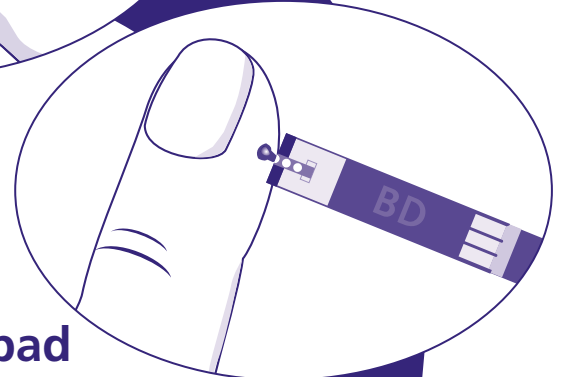
7. If a larger drop of blood is needed, squeeze finger



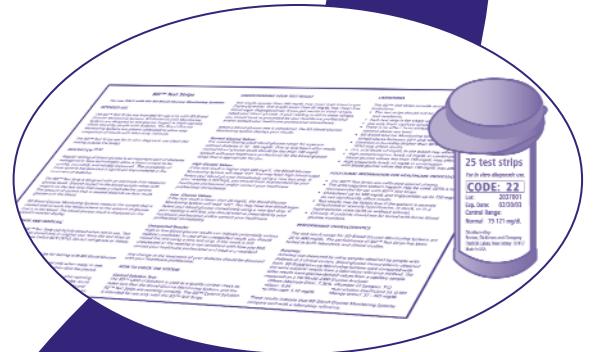
6. Press button to stick finger



8. Apply drop of blood to strip pad

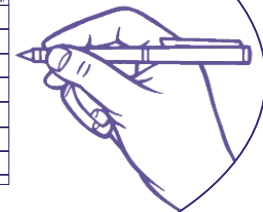


9. Follow directions to use strips



10. Write your blood sugar in your diary after each test

Día	Desayuno		Almuerzo		Cena		A la hora de dormir		En la noche	Comentarios
	Antes de empezar	Después de empezar	Antes de empezar	Después de empezar	Antes de empezar	Después de empezar	Antes de dormir	Después de dormir		
Lunes										
Martes										
Miércoles										
Jueves										
Viernes										
Sábado										
Domingo										



Vea la página de atrás

11. Talk to your diabetes educator or doctor about your results at your next visit



You should know that:

Research doctors found that people who kept their blood sugar near normal over a period of time felt better and had less trouble with their heart, eyes, feet and kidneys.

These research doctors proved that the closer you keep your blood sugar to normal (90-130 mg/dl), the better your chances are of avoiding trouble with your eyes (blindness), kidneys (kidney failure) and feet (amputations).

One way of knowing if your blood sugar is near normal is to always test it _____ times a day.

Be sure to write your blood sugar in your diary after each test.

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before <i>time</i> date blood sugar	<i>insulin</i>	after <i>time</i> blood sugar	before <i>time</i> blood sugar	<i>insulin</i>	after <i>time</i> blood sugar	before <i>time</i> blood sugar	<i>insulin</i>	after <i>time</i> blood sugar	<i>time</i> blood sugar	<i>insulin</i>	<i>time</i> blood sugar	
Mon													<i>Diet, exercise, ketones, stress, feelings, general health</i>
Tue													
Wed													
Thu													
Fri													
Sat													
Sun													

Call BD Consumer Services at **1.888.BDCARES (1.888.232.2737)**
or visit our website at **www.BDdiabetes.com**.



BD Consumer Healthcare
Franklin Lakes, New Jersey 07417

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