

It is important that you test at the correct times of the day.

Please test **4 times per day** – always wash your hands first

1. When you first wake in the morning (no food overnight)
2. Two hours after you start breakfast
3. Two hours after you start lunch
4. Two hours after you start dinner

Record the results of your tests in the log book that comes with the meter.

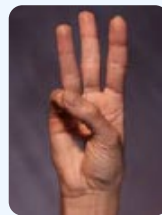
Refer to the instructions that come with the meter for how to test.



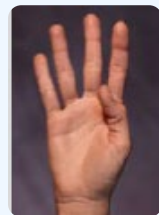
Ensure your hands are **clean** and **dry**



Prick on the side of the fingertip instead of the pad



**Select a depth** as shallow as possible that still produces blood



Ensure you change (alternate) fingers **every day**

*These steps have been taken from the ACCU-Check Multiclix – Your step-by-step guide*

- ▶ You can use the same needle in your pricker for 3 or 4 days, there is no need to change it after every test.
- ▶ When you change the needle (in the pricker), put it in a hard plastic, (or sharps) container for your pharmacist to dispose of safely.