Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

How To Check Your Blood Glucose (Blood Sugar) Using a Blood Glucose Meter

In this video, we'll show you how to check your blood glucose using a blood glucose meter.

You need to set up your meter before using it for the first time. You do this by accepting the blood glucose target range of 70-180 mg/dL and setting the time and date. **Your meter will not work until you set it up.**

Watch *Contour® Next One Video: Doing Your First Test* (www.mskcc.org/pe/contour-setup) for instructions on how to set up your meter.

Please visit www.mskcc.org/pe/check-blood-sugar-video to watch this video.

For written instructions for checking your blood sugar using a blood glucose meter, read *How to Check Your Blood Glucose (Blood Sugar) Using a Blood Glucose Meter*

(www.mskcc.org/pe/check-blood-sugar).

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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