



PATIENT & CAREGIVER EDUCATION

How to Check Your Blood Sugar Using a Blood Glucose Meter

In this video, we'll show you how to check your blood sugar using a blood glucose meter. Blood sugar is also called blood glucose.



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 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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