

## HOW DO I TEST MY BLOOD SUGAR AT HOME?

The best way to tell if your blood sugars are high or low is with a blood sugar meter. You and your doctor will decide when you need to check your blood sugar and how often it should be done. Your blood sugar reading will show you how food, activities, stress, illness and medications affected your blood sugar every day.

### *Properly Dispose of Your Syringes At Home*

- Do not try to recap, bend or break the needle.
- Place the used syringe into a hard, non-puncture proof plastic container such as an empty laundry detergent or bleach bottle.
- Store the container safely away from children and pets.
- When the bottle is full, tape the top closed with duct or packing tape and place the full container in the center of your regular trash.

### **DO NOT PLACE THE CONTAINER IN RECYCLING**

- These disposal guidelines are acceptable in the state of RI but may be different for you if you are in another state. You can check for your specific needle disposal guidelines with your Department of Health or pharmacy.