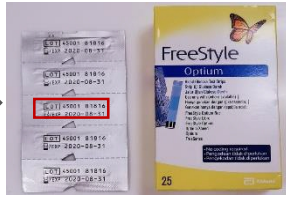# Self-Monitoring Blood Glucose
Using Freestyle Optium Neo Glucometer
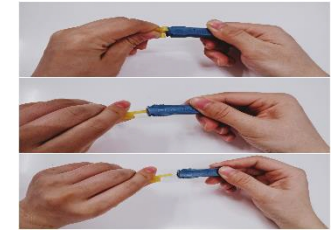
Step 1:
Wash and dry your hands.

Step 2:
Check the expiry date of the test strip. Do not use expired test strips.

Step 3:
Insert the test strip and wait for the blood drop symbol.

Step 4:
Remove the protective cap by twisting 90 degrees from the SF Lancet

Step 8:
The result will appear after 5 seconds.

Step 7:
Apply the blood drop to the white area at the end of the test strip.

Step 6:
Relax your finger after pricking. Gently massage until a drop of blood appears.

Step 5:
Place the end of the SF Lancet on your fingertip. Gently push against the fingertip.

Step 9:
Press the finger with a tissue to stop the bleeding.

Step 10:
Dispose used SF Lancet into a hard container with a cap.

Step 11:
Record your readings in the blood glucose logbook

Step 12:
Press 🦋 to display the home screen, then press ✎ & ∨ or ∧ to scroll through all your results.

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