

What is? Blood Glucose Meter

If you have diabetes, you'll likely need to keep track of how much sugar (or glucose) is in your blood. A blood glucose meter is a device that helps you do that.

There are a variety of blood glucose meter kits but most include: the meter, a lancing device, lancets, test strips, and a carrying case.

Talk to your healthcare provider about when you should check your blood sugar levels. This can help you avoid problems before they happen.