

Blood Sugar Check



I am getting my blood sugar checked.
Checking my blood sugar is important. It helps me know if my blood sugar is too low or too high.



First I will choose which finger I want my blood sugar checked on.



Next the person checking my blood sugar will clean my finger with a wipe.

This may feel cold, but that's ok because it is getting rid of germs that may be on my skin.



The person checking my blood sugar will use a lancet that looks like this.



The lancet will make a “click” noise against my finger.
I may feel a small pinch, but that’s ok!
I can take deep breaths to stay calm.



This is a called a glucometer.
This machine will check how much sugar is in my
blood.



The person checking my blood sugar will put a small drop
of blood on a test strip that looks like this.

Sometimes they may need to squeeze my finger to help
the drop of blood come out.



Now I am done and I can choose a band aid for my finger.

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)