

HOW TO TEST

A Step-By-Step Guide to Testing Ketones and Glucose

START

1. **Make sure your meter has been coded prior to use. Only ketone strips require coding; glucose strips do not. Learn how to code your meter [here](https://keto-mojo.com/pages/videos-guides).** (<https://keto-mojo.com/pages/videos-guides>)

PREPARATION

2. **Prep your hands to encourage better blood flow:**
 - **Rub** or massage the area to be pricked; warm hands result in better blood flow.
 - **Shake** your hands energetically.
 - **Grip** the finger you are going to test with your index finger and thumb of your other hand and squeeze for about 12 seconds before using the lancet. This increases hydrostatic pressure.

3. **Prep your hands to avoid a contaminated test result:**

- **Wash** your hands with warm water, then dry them thoroughly.
- Or, **use an alcohol swab** to sterilize the part of your finger that you will prick.

4. **Prep your lancet device:**

Twist off the top of the lancet device. Then take a new lancet and insert the lancet into the device. Press down firmly on the expansion gap, then twist off the plastic lancet cap and place the device cover over the lancet. The center button should be orange, which means the lancet is ready to use. If you do not see orange, remove the top and ensure the lancet is securely depressed into the expansion gap or pull back on the end of the lancet and that should activate the orange button.

Adjust the depth selector. There are six settings for the depth of the lancet's pierce, ranging from the lightest to deepest, to accommodate everything from soft or thin skin to thick or calloused skin. Choose the depth that you think is best for you; with experience, you'll find the optimal depth for your skin. For average skin, we suggest starting in the middle.

Watch our quick video on preparing the lancet device. (<https://keto-mojo.com/pages/videos-guides>)

INSERT FRESH STRIP

5. **Insert a fresh, unused Keto-Mojo glucose or ketone strip into your Keto-Mojo meter:**

We suggest starting with the glucose strip because the reading takes only five seconds (versus ten seconds for ketone readings).

DO NOT touch the top of the strip where the blood will be absorbed; otherwise, you may contaminate the sample and get an inaccurate reading.

Make sure the strip is facing up. For glucose strips, you'll see the word "Pro" with small arrow signs. For ketone strips, it's blue side up. You'll see the blood channel (a little runway) on the top of each strip when they're right side is up.

Wait for the meter to display ("CH"), and for the droplet icon to start flashing on the meter's screen. For ketone strips, the meter will also display the ketone code that matches the number on the vial of strips.

TESTING

6. **Prick your finger with the lancet device:**

Test on the side of your finger where the skin tends to be softer and the prick is less painful. For men or people with calloused hands, use your ring or pinky finger. If you test regularly, alternate fingers, primarily for comfort.

Don't squeeze, if possible. Squeezing and rubbing your finger after you've pricked it can affect the blood sample. Sometimes you'll get more interstitial fluid (the substance just below the skin) than capillary blood.*

Use gravity: After puncturing, lower your hand below hip height and wait for a blood drop to form. If you still have too little blood, you can gently squeeze your hand. Start at the part closest to your palm, and work your way down your finger until you have a droplet the size of a matchstick head.

7. **With the strip still in the meter, bring the tip of the strip to the droplet on your finger:**

On contact, the strip will draw the blood into the blood channel via capillary action.

Do not place blood on the top of the strip (vs the tip of the strip). You'll get an error message.

Make sure you get a **good fill**. If the blood sample is too small, you may get an inaccurate reading or you will get an error message.

Watch the meter screen for your reading; glucose results will appear in 5 seconds and ketone readings show up in 10 seconds.

8. **Testing with a second strip:**

If you are testing both glucose and ketones, you can conduct the tests back to back; after your first reading displays, remove the strip and place the other strip (ketone strip, if you started with glucose) in the meter. Remember not to touch the end of the strip that receives the blood.

If you have a large enough blood droplet from your first lancet pierce, you can apply that to the tip of the ketone strip. If not, reactivate the lancet device by pulling back on the bottom of the lancet until orange appears in the button and prick another sterilized area (it can be the same finger), touch the blood droplet to the end of the strip, and wait for the results.



Congrats. You Did It!

* For clinical trials or studies, it's recommended you wipe away the first blood droplet with a clean tissue, and use the second droplet.