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duck - August 28, 2019, 11:30 am

I bought this Glucose-meter, quiet scary messing with the "needles" or "pins" first time trying, I got into panic attack but slowly getting used to it.

First test was 4 Mmol/l. Tested again 4 hours later and 15 minutes after drinking ~200ML of Cola + Eating Pringles and had 6.7 Mmol/l

Quiet fun, anyone has experience you can share?

I just bought this Glucose-meter because of my paranoia and anxiety thinking of having diabetes. Now I can test everytime I feel bad and make sure it's not because of diabetes.