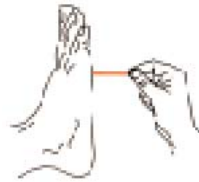




Self Testing Instructions

(You may check your own feet or ask a family member or friend to do it for you)



Step 1



Step 2

1. Hold the filament (stiff nylon string) by the handle, as shown in Step 1.
2. Use a smooth motion to touch the filament to the skin on your foot. Touch the filament along the side of sores or calluses. **DO NOT** press the filament unto a sore, callous, or scar. Touch the filament to your skin for 1 to 2 seconds. Push hard enough to make the filament bend as shown in Step 2.
3. Touch filament to both of your feet in the sites circled on the drawing below.
4. Place a (+) in the circle if you can feel the filament at that site and a (-) if you cannot feel the filament at that site.
5. The filament can be reused. After use, wipe with an alcohol swab.

Diabetes Foot Screen Test Sites

If you have a (-) in any circle, take this form to your health care provider as soon as possible.



Date: _____

Date: _____

**P.O. Box 3548
Albuquerque, NM 87190
(866) 796-9121
(505) 796-9121**