
Blood Glucose Monitoring

Blood glucose monitoring can help you better control your blood sugar (glucose) level.

EQUIPMENT

The equipment needed depends on the way you test for blood glucose. The equipment you need has been checked off by your nurse.

- _____ Lancet (finger sticker)
- _____ Test (reagent) strips
- _____ Watch or clock that shows seconds
- _____ Cotton (optional for some brands)
- _____ Alcohol (optional)
- _____ Automatic lancet device (optional)
- _____ Blood glucose (reflectance) meter (optional)
- _____ Log book
- _____ Soap, water, and towel

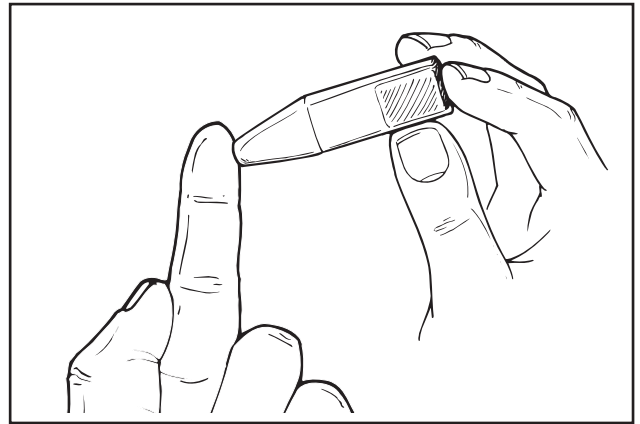
STEPS

1. Gather the equipment and read the directions. Different brands may have different directions.
2. Look at the date on the test strip container.
 - a. Throw out any out-of-date or discolored strips.
 - b. When not in use, keep the container closed. Protect the strips from light, moisture, and heat.
3. Take out one test strip. Do not cut strips in half.

Obtaining a Drop of Blood

1. The earlobes and sides of the finger tips (not the pads) are sites that can be used to obtain a drop of blood. Change the site regularly.
2. Wash the site with soap and warm water. Dry the site completely.
 - a. Warm water increases the blood flow.
 - b. Careful drying keeps the test accurate.

- c. Wipe the site with alcohol *only* if you have been instructed to do so by your nurse or doctor.
3. When using the finger, hang your hand down by your side and gently “milk” the finger tip (squeeze and release) for 30 seconds. This will ensure a good drop of blood.
4. Twist off the cap on the lancet. Do not touch the sterile point.
5. If using an automatic lancing device, insert the lancet following your brand’s directions.
 - a. You can use alcohol to wipe the part of the device that touches the skin.
 - b. Firmly hold the device against the site.



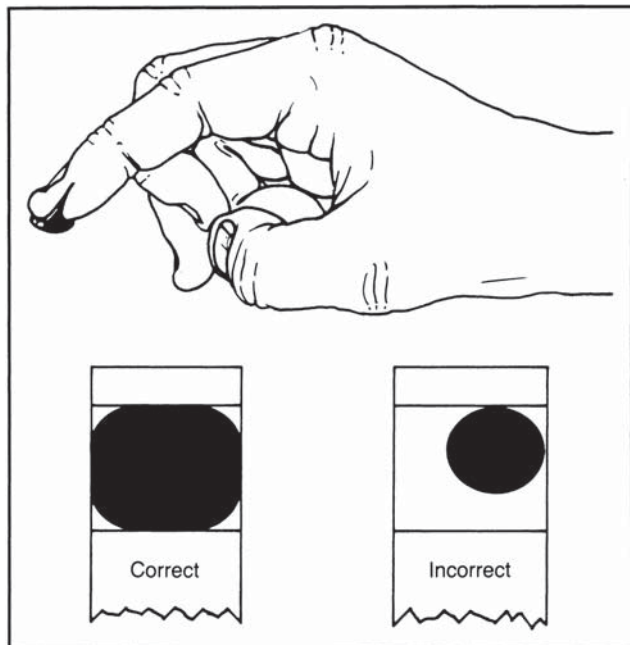
6. Puncture the skin.
7. Gently massage the site to get a large drop of blood.
 - a. The drop of blood should hang from the finger (or earlobe).
 - b. The drop of blood must be big enough to cover all of the test pad.
Note: If you do not get a large enough drop of blood, repeat steps 2 to 6.

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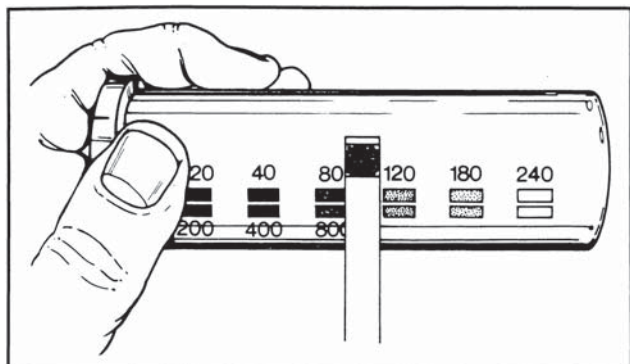
Performing the Test: Visual Method

Follow the directions on *your brand* for these steps.

1. Hold the test strip level and touch the blood drop to the pad.
 - a. The blood must cover all of the pad.



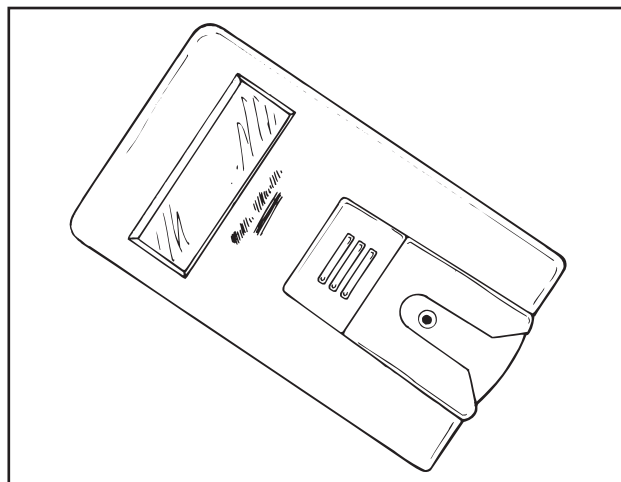
- b. Some brands do not allow you to smear blood on the pad.
2. Start timing as soon as the blood touches the test pad. The right timing is important.
 3. Wipe or blot off the test strip.
 4. Wait the amount of time prescribed in the directions to finish the test.
 5. When timing is done, match the color of your test strip to the color scale on the container. The color that matches is your blood glucose (sugar) reading.



6. If the color of your test strip falls between two colors, the blood glucose is read as the range between the two numbers (for example, between 80 and 120).

Performing the Test: Meter Method

Since every meter is different in terms of the amount of blood needed, strip insertion, and timing, it is important to follow the steps in the educational pamphlet included with the meter.



After the Test

1. Put the used lancet into a sharps container—a hard-plastic or metal container with a tight lid (such as a coffee can or laundry detergent bottle). Dispose of full container according to your local requirements.
2. Write your blood glucose reading, date, and time in your log book. Your nurse or doctor may tell you to write other things about your diet, exercise, and medication in your log book.
3. Look at any directions your nurse or doctor has given you about adjusting your medication, diet, or exercise. Discuss questions with your nurse or doctor.
4. If your nurse or doctor directs you, visually read test strips can be saved in a closed container for a few days. Write the date and time on each strip.

CARE OF EQUIPMENT

1. Store all equipment in a clean, dry place.
2. Wipe off any blood before storing the equipment. Use a damp, clean cloth or an alcohol wipe. If there is blood on the meter, follow manufacturer's recommendations for cleaning.
3. Check your meter for accuracy. Follow your brand's directions.

OTHER INSTRUCTIONS

Date	Insulin Type	BREAKFAST			LUNCH			DINNER			BEDTIME			Notes
		Insulin Dose	Blood Glucose Testing	Urine Glucose/ Ketone Testing	Insulin Dose	Blood Glucose Testing	Urine Glucose/ Ketone Testing	Insulin Dose	Blood Glucose Testing	Urine Glucose/ Ketone Testing	Insulin Dose	Blood Glucose Testing	Urine Glucose/ Ketone Testing	
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