

Measuring Your Blood Sugar

Glucometer Training

COMMON TERMS

- **Glucometer** - a machine that measures your blood sugar
- **Glucose** - another name for blood sugar
- **Lancet** - a sharp disposable object used to obtain a blood sample for testing glucose levels
- **Lancing Device** - a mechanism used to load lancet and obtain blood sample
- **Sharps Container** - a puncture resistant container used to dispose lancets or needles used for medical purposes

Sharps Container



Glucometer



Lancets



SUPPLIES NEEDED FOR MEASURING YOUR BLOOD SUGAR:

- Glucometer
- Lancet and Delivery Device
- Rubbing Alcohol or Soap
- Cotton Balls
- Sharps Container

THINGS TO CONSIDER WHEN SELECTING A GLUCOMETER:

- Is it covered by your insurance? Call your customer service number on the back of your card to see which brands are covered.
- Is the display easy to read?
- Is it easy to clean?

**See back for steps to obtain a blood sugar reading.*

How to Obtain a Blood Sugar Reading

1. GATHER YOUR EQUIPMENT

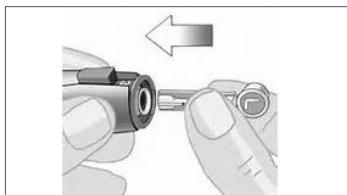
- Glucometer
- Glucose Log
- Lancet and Delivery Device
- Sharps Container
- Cotton Balls

2. WASH YOUR HANDS

Do not use alcohol gel because the residue can alter the results.

3. LOAD YOUR LANCET

Follow package instructions for loading your lancet in the delivery device.



4. PROGRAM YOUR GLUCOMETER (if needed)

Some glucometers require a chip with a code that matches the glucometer test strips to be inserted for quality assurance. If this is the case, once the glucometer is turned on, make sure the display number matches the number on the bottle of testing strips; always check the expiration date.

5. INSERT TEST STRIP

Insert the test strip in to the glucometer with the blood sample ledge pointing upward.



6. PLACE LANCING DEVICE NEXT TO FINGER

Put the lancing device next to the pad of your finger, preferably on the side of the pad and not directly in the middle. Make sure you pick the part of the finger that has pink appearance to represent good blood flow.



7. ACTIVATE LANCET

To obtain a blood sample, activate the lancet.

8. COLLECT BLOOD SAMPLE

Slide the testing strip ledge up to the blood sample, a "beep" may sound when enough blood is received.



9. VIEW BLOOD SUGAR READING

The glucometer should count down and then display your current blood sugar level on the screen.

10. APPLY COTTON BALL

Apply a cotton ball to the finger and hold pressure for a couple of minutes to stop the bleeding.

11. DISCARD NEEDLE

Discard the needle in your sharps container.

12. LOG BLOOD SUGAR READING

Log the blood sugar reading along with the date and time of the collection.

Make sure to read the manufacturer's instructions on the use and care of your glucometer.

POOR METER READINGS CAN RESULT FROM:

- Dirty glucometer
- Glucometer or test strip that is not at room temperature
- Old or outdated test strips
- Glucometer that is not calibrated to the bottle of test strips used by that glucometer
- Too much or too little blood on the test strip