



Patient Education

Glucometer Training

For more information, visit [AustinRegionalClinic.com](https://www.austinregionalclinic.com).

The following video is for general demonstration purposes only. Your brand of glucometer and supplies may be different. Many glucometer brands have a website with specific instructions and information regarding your model. We encourage you to visit those sites for additional information and frequently asked questions. If you have any questions or concerns after reviewing this information, please message your provider via MyChart or call our OB/GYN triage line. We also offer in person training if you need further assistance. This information is also written out in your glucometer training handout. Thank you.

Austin Regional Clinic does not endorse any specific brand of glucometer.

Loading a Lancet

This demonstration is shown using a typical lancet device. The type of lancet device you have may be different. Be sure to read the manufacture instructions on how to use your lancet device. First, twist off the cap of the lancet device and insert the lancet. Once the lancet is firmly in place, twist off the top of the lancet sheath, exposing the needle. Replace the lancet's cap. If your lancet device has a puncture depth guide, dial the guide to the appropriate depth of puncture. Follow the package instructions for complete information on how to use your device.

Testing your Blood Sugar

Gently insert the strip into the glucometer. Once the strip is inserted, there usually shows a blinking drop of blood on the screen, this means the unit is ready to receive the sample. The sides of your fingers are usually less sensitive then the pad so this is the suggested area to use for the needle puncture. Once you have punctured the skin, apply a small amount of blood to the pad on the strip. Do not smear or wipe your finger on the strip. Once blood has been applied to the testing strip, you may see a count down on the screen before the results are shown. Carefully remove the used lancet needle and discard the needle in a puncture resistance container that has a secure lid.

Remember to record your results in your blood glucose log.

Thank you for watching. If you have any questions or concerns, please message your provider via MyChart or call our OB/GYN triage line.