GLUCOMETER

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HOW TO USE GLUCOMETER?

A glucose meter is used to check your blood glucose or blood sugar level. This is needed to help you manage your diabetes. There are many brands of meters.

Your starter kit includes the following:

- Blood glucose meter
- Vial of test strips
- Lancing device
- Lancets

BEFORE YOU START

Read the materials and directions that comes with your meter. Familiarize yourself with all the functions of your blood glucometer:

- Wash and dry your hands thoroughly with warm water.
- Insert a new test strip into your meter. Place the end of the strip with the 3 contact bars as far into the meter as it can go. Your meter will turn on automatically and display a number code.
- Check the code to make sure it matches the number code on the vial of test strips.

Note: If the number code on your meter doesn't match the number code on your test strip vial, you won't get an accurate reading. If the numbers don't match, follow the instructions that came with your meter to change the meter.

TEST THE GLUCOMETER BEFORE USING IT.

Most glucometers include a way to test to make sure they are reading correctly. This could be in the form of a premade test strip or a liquid you place on a test strip. These are inserted into the machine and the reading should be within acceptable limits.

Step 1: Get a blood sample

- Place alcohol on a cotton ball.
- Place a test strip into the slot provided on the glucometer.
- Swab the area you are going to use to draw your sample from with the cotton ball. (Alcohol evaporates rapidly so there's no need to dry the area. That will just recontaminate it.)

Step 2: Apply blood to strip

Wait for the readout on the diabetic glucometer to tell you to put the drop of blood on the strip

- The readout may say "place sample on strip," or it may give you a symbol, such as an icon that looks like a droplet of liquid.
- Use your lancing device and a new lancet to get a drop of blood from your fingertip.
- Some people find that getting a blood sample from the side of their fingertip, rather than the top, makes it easier to apply the blood to the test strip.
- Touch and hold the drop of blood to the narrow channel at the top edge of the test strip.
- Make sure that the channel in the strip is completely full. This ensures that your meter has a large enough blood sample to give you an accurate reading.
- If your sample doesn't fill the channel, add more blood to that strip within 5 seconds. If you get an error reading, discard the strip, and start again.

Step 3: Read the result

The meter will begin a countdown in seconds once the sample hits the strip and the meter detects it. For newer meters it will be 5 seconds, older meters could be 10 to 30 seconds. The meter will sound a tone, or beep, when it has a reading for you.

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