

BLOOD GLUCOSE MONITORING

Checking blood glucose levels with a glucometer is a very important part of diabetes care. Your blood glucose levels lets you and your diabetes provider know how your medications, food, and activity affects your body. You and your diabetes team will use this information to individualize your plan of care to fit you and your lifestyle.

There are many meters available. While we do not prefer one meter over another, often your insurance has preferred meters. Please read the directions for your meter carefully. All meters have a number on the back you can call if you feel it is not working properly. Keep your test strips and meters in safe area away from extreme temperatures. Use your control solution to test each new box of strips or when you think readings are not correct.

How to Check:

- Wash hands with soap and water
- Get pooker (lancing device) ready by inserting a new lancet
- Adjusting the depth of the needle (ex. 1 =small poke, 5 = deeper poke)
- Get your meter ready and insert a blood glucose strip
- Clean your finger with an alcohol swab and let it air dry, do not blow on it
- Poke the side of your finger tip, remember to rotate fingers and sites
- Hold your hand below your heart and massage blood toward the tip of your finger
- Once enough blood is available put the drop of blood on the appropriate part of the strip
- Put gentle pressure on your finger until bleeding stops
- When blood glucose reading is received write down in your BG Log Book
- Dispose of lancet and strip as directed by your sanitation department

When to Check:

- Before meals (carbohydrate containing foods should not be consumed 2 hours before a blood glucose test)
- 1-2 hours after meals if instructed to do so
- Before bedtime
- Before and 30-60 minutes after exercise
- Anytime when experiencing symptoms of hyperglycemia or hypoglycemia
- If you are sick
- Occasionally during the night between 2 -3 am if basal insulin was recently adjusted, or to detect for nocturnal hypoglycemia
- Anytime your health care provider instructs in order to improve blood glucose control