



DIABETES CARE

How To Use A Glucose Meter

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 nurse or pharmacist can help you learn about your meter.



Follow these steps to check your blood sugar with a meter.

Getting Ready

- 1 Wash your hands with warm water and soap for at least 15 seconds then rinse and towel dry.
- 2 Get your supplies:
 - Your meter
 - Test strips
 - Lancing device
 - Needle, often called a lancet
 - Needle disposal or sharps container
- 3 Open the lancing device and put a needle in. Take the cap off the needle. Do not touch the needle.
- 4 Put the cover back on the device. Set the spring on the device so it is ready to be used to stick you.
- 5 Get a test strip out of the bottle or package. Put the cap back on the bottle.
- 6 Put the strip in the meter. This will turn the meter on.
- 7 Match the code on your meter screen with the code for your test strips.
 - The code is printed on the test strip bottle or package.
 - If your meter has the code built into the strips, go to the next step.
- 8 When the test strip symbol flashes on the screen, the meter is ready for a drop of blood.

ALAMEDA
Alliance
FOR HEALTH

Health care you can count on.
Service you can trust.

Checking Your Blood Sugar

- 1 Pick up the lancing device and put it against the side of one of your fingers.
- 2 Push the button on the device to release the needle. You will feel the needle stick. Set the device down.
- 3 Squeeze your finger at its base to get a large drop of blood.
- 4 Where you put the blood on the test strip depends on the type of strip you have:
 - Touch the end of the test strip to the drop of blood, or
 - Put the blood drop on the test area of the strip.
- 5 Be sure that the test area on the strip fills completely with blood.
- 6 The meter will time the test and then your blood sugar number will show on the screen.
- 7 Write your blood sugar number in your log book or blood sugar diary.

Cleaning Up the Supplies

- 1 Remove the test strip and throw it away in your in your needle disposal container.
- 2 Remove the needle from the device. Throw the needle into a needle disposal container or other puncture proof container.
- 3 Put your supplies away. Store the needle container away from children and pets.
- 4 Wash your hands again with water and soap.



Talk to your doctor, nurse, diabetes educator or pharmacist if you have questions about your meter and doing your glucose testing.

You don't have to do this alone!

For classes and one on one support with diabetes care call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-932-2738;
CRS/TTY: 711 or 1-800-735-2929;
8 a.m. to 5 p.m., Monday-Friday.

www.alamedaalliance.org

This handout was adapted from *How to Use a Glucose Meter*, 10/2005, Health Information Translations. Permission is granted to use and duplicate these materials for non-profit educational use as long as no changes are made without permission from Alameda Alliance for Health.

ALAMEDA
Alliance
FOR HEALTH

Health care you can count on.
Service you can trust.