

Self-Monitoring of Blood Sugar

Blood glucose monitoring shows how food, medicine, exercise and stress affect your blood glucose. Frequency of monitoring is individualized based on your level of glucose control, type and/or change of medications, low blood sugar reactions, exercise and when you and your health care provider want the test results to adjust therapy.

Find out from your health care team the following regarding self-monitoring of blood sugar:

- Why and how often you want to routinely monitor, including target glucose range _____
- Indications for more frequent monitoring such as medication changes, diet changes, illness or infections, surgery, increased stress, and frequent episodes of high and low blood sugar
- Preparation and use of monitoring and puncture devices to include cleaning, calibration and disposal of used lancets and strips
- Work with your health care team to understand blood glucose results and when to take action and whom to call when results are out of target range

General Procedure for How to Self-Monitor Blood Sugar

- Wash hands with warm soapy water to clean surface and promote blood flow
- Load lancet in lancing device
- Turn meter on
- Check expiration date of strips and prepare test strip. Place bottle cap on remaining strips to maintain potency
- Insert test strip when meter is ready for blood sugar testing
- To reduce pain, prick the sides of the tips of the fingers, avoiding the “fleshy” center pads
- Remember that blood flow follows gravity – hold the finger down so that blood will flow down to the tip of the finger
- Gently “milk” the finger from the base out to the tip. This will help to assure you will get an adequate blood sample
- Rotate test sites between all fingers or sites recommended by meter manufacturers
- Apply blood sample to appropriate site on the test strip. Some strips require that the blood be placed on top of the strip while others will “wick” the blood sample from the side or edge. Check your user’s manual for specific instructions on blood sample placement
- Place gauze or bandage on finger to stop bleeding
- As the meter counts down, watch for test results and record in log book
- Properly dispose of finger-pricking device and strips (put in plastic container that can be sealed). Do not share device with others
- Take your log book to every clinic visit
- Call the 800 number on back of machine if there are questions or problems with the meter
- Keep your equipment clean and check accuracy according to manufacturer’s directions
- Attend a diabetes education class to learn more on _____ (date) at _____ (time)

