

# 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.

To get the most accurate results, be sure you:

- Wash your hands well before testing.
- Use the brand of test strips for your meter.
- Store your test strips as recommended.

**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, rinse with warm water, and dry with a towel.
2. Get your supplies:
  - Your meter
  - Test strips
  - Lancing device
  - Needle, often called a lancet
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 lancing 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.

## 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. Based on the type of test strip you use:
  - Touch the end of the test strip to the drop of blood.
  - 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 trash.
2. Remove the needle from the device. Throw the needle into a puncture proof container with a lid such as an old bleach or detergent bottle.
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.**