GLUCOMETER

Client:	*Date:*
Clinician:	

Blood sugar level is measured with a **blood glucose meter.** A meter measures the amount of glucose in your blood. You'll use a device called a lancet to get a tiny drop of blood. Blood is most often taken from a fingertip. But you may be able to test on the arm or the heel of the hand. The drop is placed on a small strip that goes into the meter. The meter then supplies a number **(reading)** that tells you the level of your blood sugar. There are several types of meters available. Your doctor will help you select a meter that best suits your needs.

Aim for Target Range
As often as possible, your blood sugar should be in **target range.** Target range is where your blood sugar level is healthiest. Aim to keep your blood sugar in target range. This will help reduce the risk of health problems, including **diabetic ketoacidosis (DKA).**

Before a meal: Between __**80**__ and __**120mg/dl**__

2 Hours after a meal: **less than 180mg/dl**

How to Use a Blood Glucose Monitor
1. First, set out your glucometer, test strip, lancet and alcohol prep pad.
2. Wash your hands to prevent infection.
3. Turn on the glucometer and place a test strip in the machine when the machine is ready. Watch the indicator for placing the blood to the strip.
4. Make sure your hand is dry and wipe the fingertip with an alcohol prep pad and wait until the alcohol evaporates.
5. Pierce your fingertip on the soft, fleshy pad and obtain a drop of blood.
6. Place the drop of blood on or at the side of the strip.
7. The glucometer will take a few moments to calculate the blood sugar reading.
8. You may use the alcohol prep pad to blot the site where you drew the blood if it is still bleeding.
9. Write down your results. Keeping a record makes it easier for you and your doctor to establish a good treatment plan.
10. Follow your doctor's orders for whatever blood sugar reading you get.

Adapted from *About.com Health's Disease and Condition content*