



Diabetes Education

At-home blood glucose (blood sugar) monitoring devices called **GLUCOMETERS (Blood Glucose Meters)** provide you with instant feedback and let you know immediately what your blood sugar is. This can give you valuable information about whether your blood sugar is too low, too high or in a good range for you. Keeping a record of your results gives your doctor an accurate picture of how your treatment is working. It's small and easy to take with you. You can test virtually anywhere, anytime.

Glucose Testing Tips:

1. Make sure you keep batteries in stock that fit your glucometer.
2. Lancets come in different gauges. The higher the number, the finer the lancet. A 21 gauge lancet may not be as comfortable as a 30 gauge lancet.
3. Dispose of your lancets in a puncture-proof container, such as a laundry detergent bottle with a screw-on cap, to prevent needle-stick accidents. Many hospitals and pharmacies have a "sharps drop off" program where you can bring your container when it is full.
4. Keep your Blood Glucose Meter and test strips in a clean, dry place.

What You Need:

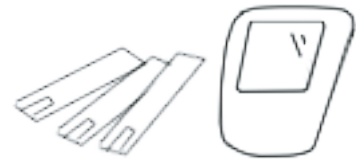
- Blood Glucose Meter
- Test strip
- Lancet and Lancing Device
- A logbook to record results. (Most meters today provide results history.)



Using Your Blood Glucose Meter

How to use a Blood Glucose Meter:

1. First, set out your glucometer, a test strip and a lancet.
2. Decide where you are going to obtain the blood from, usually a finger. Some of the newer monitors let you use your forearm or another less sensitive place or alternate site as applicable.
3. Wash your hands with soap and warm water. Make sure your hands are completely dry. Sometimes it helps to warm your hands first to make the blood flow easier. You can rub your hands together briskly or run them under warm water.



(If testing on your finger, it's best to lance the side of your finger and alternate using your index, middle and ring fingers.)



Member Information:

Name: _____

Address: _____

City: _____ State: _____

ID #: _____

BLN Acct #: _____

Tear Off... Please check the appropriate box and return to Better Living Now.

I, _____, certify that I know how to use my Blood Glucose Meter.

I **DO NOT** know how to use my Blood Glucose Meter, please call me at (_____) _____ - _____.

Diabetes Education

Using Your Blood Glucose Meter (cont.)



Glucose Testing Tips (cont.):

5. Discuss with your doctor how often and at what times of the day you should be testing.

6. Test your blood glucose DAILY!

Know your ABC's of diabetes:

reach your goals:

✓ EVERY 3-6 MONTHS
• **A1c:** Below 7%

✓ EVERY VISIT
• **Blood Pressure:**
Below 130/80mmHg

✓ ONCE A YEAR
• **Cholesterol LDL:**
Below 100mg/dL

How to use a Blood Glucose Meter (cont.):

5. Place a test strip in the Blood Glucose Meter and your machine will turn on. Watch the indicator for placing the blood to the strip. (Not all meters work the same. Please refer to your Meter User Guide for more information.)

6. Lance your finger and apply the blood to the tip of the test strip.

7. Once the test strip has enough blood the meter will start counting down and within seconds you will have your reading.

8. The Blood Glucose Meter will take a few moments to calculate the blood sugar reading.

9. Write down your results. Keeping a record makes it easier for you and your doctor to establish a good treatment plan. Some glucometers can store your results in a memory, for easier record keeping. Some meters allow downloading results to a computer to print reports you can provide to your healthcare team.



(Follow your doctor's orders for what range your blood sugar should fall in.)



Fill out the back, tear off and return to *Better Living Now*.



Better Living Now
500 Wheeler Road
Hauppauge, NY 11788

"America's First Choice for Healthcare."

using your blood glucose meter

