How to Measure Your Blood Glucose

Transcript

We're going to talk about one of my very favorite topics in the "B4 Be Gone," program. It's a phenomenal process. Some people get freaked out about it a little bit because you have to poke yourself with a needle. What other way do you have of getting a window into your own body? You just actually get to see how the foods going to affect you. I'll start with looking at the equipment and then I'll give you a demonstration of how to actually do the glucose testing.

The equipment is something called a glucometer, a glucose meter. You can purchase this one. It's called the "TRUEresult©." It's available at Walgreen's, CVS, any of the local pharmacies or even on Amazon.com. There's another one that's called the, "TRUE2go©," this is a portable one. The cool part about this one is, this is the meter itself. If you look at the TRUEresult© and the TRUE2go©, this one's a lot bigger than this one.

What I do is, I have two of them. I keep this one on my desk, and I keep this one in my purse. This one comes with … They both come with a little box of 10 glucose strips. This little one, the TRUE2go©, comes with this handy dandy little neoprene case that you can slide the strips into. It has a little sleeve to hold what's called the lancet. I'll show you that in a bit. Then the glucometer itself screws on to the top. Then when you're ready to take out the strip, you just do this, you see the box, you have the strip, and you put it in. I'll show you exactly how to do that in a bit.

Before we do that, I want to show you the lancet. There are two different kinds of lancets. This one comes with the TRUEresult©. Also, if you ever lose your lancet, you can go to the same place, Walgreen's, CVS, et cetera, buy them for 5 or 10 dollars depending on the size and what not. This one's nice and small because it's portable. This one's a little bit larger. They all have a mechanism for setting the depth. At 5 it means it's going to give you a wallop. It's for people with really callous, thick skin. For us delicate folks, we put it on one just so we just get a little bit of a bitty prick and it opens it up.

You can also … On the inside, you put your lancet itself. This one screws open, and there's a place to put the lancet. I'm actually going to go ahead and put one in right now. You stick it in that little slot. You take the lid off, and you can see there's actually a pin there. We'll get close up with it a little bit later. You screw it back on, and then it has this little handy dandy cocking mechanism, which it took me a while to figure out.
I was like, "How do I do this? I hate to open it up every time." I think, "There's got to be a better way!" Then I realized all you have to do is pull it. You hear the sound, let go, and it's ready to shoot. Now this one’s ready to go when we're ready to do it.

I wanted to let you know that when you buy either one of these kits, they come with the lancing device, the little lancets, and they come in a bag of about 10 of them, comes together. You can purchase a box of 100 of these for about 6 or 7 dollars. When you do, look out for the very nice little delicate ones called "microfine." They're very thin gauge needles and I like those the best. So let's get started. Let's show you exactly how to test your own blood glucose.

The first thing you should do is probably wash your hands. You can warm them up if it's a cool day just to get some extra circulation going. Warm up your hands. We'll start, we'll work the TRUEresult©. The first thing that we want to do is change the needle in our lancet. It's a good idea to have good lancet hygiene. We pull it out, we remove the old one. You want to dispose of them appropriately. I have what's called a sharps container. You can get a little sharps container very inexpensively and keep it in there. You can find an empty container of some sort, or each time you do it you can just roll it up in a piece of tissue and throw it in the trash.

We're going to put a new one in. Stick it in, pull the little protective lid off and put the cover on. Hear the snap. We're going to cause it to cock itself by pulling and then letting go. I like to make sure I'm on one, otherwise it's too harsh. I use the side of my finger, sometimes the tips, but it's easier to use the side. You put a firm but light pressure on your finger. You press the little trigger. Ah, I can feel it. You may have to squeeze just a little bit to get a drop of the blood. Next thing we're going to do is put in a little strip in the unit. I wait until the end on this demo because I'm speaking and I know that I will speak more slowly than when I'm normally doing it, but normally I would stick the strip in, stick my finger, and then do it.

I hold it to the side, you see the blood has come out. You want it to be so that it strips up. You'll hear a little beep. You'll see a little line going back and forth. As soon as it's done it will tell you the blood sugar. My blood sugar is 87. Just what it should be. What I'm going to do is write that down. There's a whole video that teaches you how to use this chart to keep track of your glucose. I'd encourage you to watch it after this one. That shows it up closing, tells you exactly how to fill out this little chart. That's how you do your glucose.

Let me show you one more time using the other device. Put the lid back on. It works very similarly. I'm going to take off the lancing device. We just changed the lancet so I'm just cock it and get it ready. I'm going to take off the lid, take out a strip, put it into the device. You got to make sure that there's just one and that you do it face up. The words should be on the top. Stick it in. Cock the device. Get a different finger. Get the droplet of blood. It accepts it there and the little dots go across. We'll wait to see what the number shows, and it says 85.
Almost exactly the same. Because these are not multi-thousand-dollar precision instruments, you may not see the exact number, but when it's within 5%, a couple of points either side, it's really accurate.

That's how you test your glucose and I'm really excited to have been able to share this with you. I would just like to caution you, don't be scare. Right? I say caution, but don't be scared because it can be frightening to poke your finger. You can see I didn't flinch. I didn't cry. I'm just fine. I feel a little bit of a prick there. You get used to it after a few days.

I will tell you that the people that have been most resistant to doing this, like, "Oh, I don't know if I want to do it, it's too scary," have gone on to do it, and after a couple of days they're addicted to it. They want to do it all day long, every day because they want to know exactly. "Oh I had this negative thought, I wonder if that affected my glucose. I ran around the block. I wonder how that affected my glucose. I ate celery, I wonder how that compared to the banana I ate earlier," and they get really excited about it and I know you will too.

Once you do this, you're going to be really excited because you'll have this information that tells you not what somebody else in some other lab in somewhere says was a high glycemic food that was going to raise your blood sugar, but what raises your own blood sugar and it's so empowering.

Thank you for being here today. I would recommend that you go ahead and listen to the video that shows you exactly how to fill out this form, which is your glucose tracking form. If you are real squeamish about doing this, then I recommend that you really study filling out this form and without the glucose, you can still get a lot of information about how foods affect you. You just have to practice much more about something called conscious eating. Be really aware of how the food affects you, your moods, your bowel movements, your energy for the next several hours afterwards. Not as accurate as the wonderful little glucose meters, but they still work.

Thank you.