



Glucose Testing: Step-by-Step Summary

Watch the video on the membership page. Below is a written summary. (Estimated time, start to finish: About 2 minutes)

- ❑ **Wash your hands.** Invisible debris on your fingers can result in erroneous readings. The overuse of alcohol and hand sanitizers can dry your fingers and cause calluses, so limit.
- ❑ **Increase blood flow to your fingers.** Rinse your fingers under warm water or rub your hands together to increase circulation.
- ❑ **Prepare your supplies.**
 - ❑ Spring loaded lancing device with sterile lancet for sticking your finger
 - ❑ Glucometer
 - ❑ Test strips
 - ❑ Tissue paper or cotton ball for blotting blood
- ❑ **Choose a location to get a blood sample.** Rotate areas to prevent calluses.
 - ❑ Fleshy pads of your fingertips
 - ❑ Sides of fingers
 - ❑ Fingers near your nails
 - ❑ Between the first and second joints of any finger
- ❑ **Collect blood sample.**
 - ❑ Cock the spring loaded device and prick any finger. Follow the specific instructions provided by the manufacturer.
 - ❑ Gently squeeze your finger. Avoid using a pumping action.
 - ❑ Touch the blood to the test strip.
- ❑ **Obtain the glucose reading.**
 - ❑ The glucometer will blink or count down once the blood has been absorbed by the test strip.
 - ❑ Record the number from the glucometer on your form.
- ❑ **Clean up.**
 - ❑ Discard used lancet. Use a sharps container or wrap in tissue paper and toss in wastebasket.
 - ❑ Discard used glucose strips. You can wrap in tissue with the lancet.

