

Home Blood Glucose Monitoring

Home blood glucose testing will provide you the information to help manage your diabetes. It will help you to determine how your meal planning, physical activity and medication (pills or insulin) are doing to keep your blood glucose (sugar) levels as close to normal as possible.

What do I need to test my blood glucose at home?

- Blood Glucose Machine



- Blood Glucose Test Strips



- Lancets

- Lancet Device

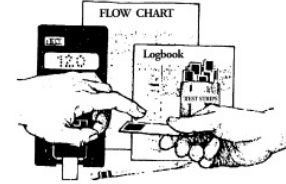


- Sharps Container

- Record book or Recording sheet



How Often Should You Test?



'How often' to check your blood glucose at home should be discussed with your diabetes health care team. For example, those people taking insulin would check more often than someone who manages their diabetes with meal planning alone.

Test a minimum of once per day at alternating times.

Be sure to record any notes which may help the doctor or diabetes health care team make adjustments in your diabetes treatment.



When to Increase the Frequency of Home Blood Glucose (Sugar) Monitoring

- Change in food intake



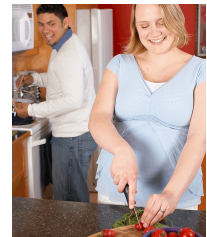
- Change in physical activity (Time, type, duration)



- Change in medications for diabetes and other health conditions



- When you have diabetes and are pregnant or planning a pregnancy



- When blood sugars are not in target range (4 to 7 mmol/L before meals and 5 to 10 mmol/L 1.5 to 2 hrs after meals)



- Illness or change in stress level (Positive or negative stress)

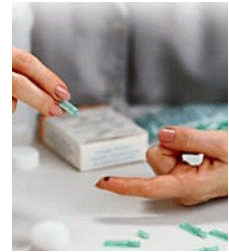


- Traveling through time zones



Steps for Blood Glucose Monitoring

- Wash hands in warm water and dry well. No need to use alcohol. Alternate sites (areas other than your hands) should not be used until at least 2 hours after eating.
- Place blood glucose strip in blood glucose machine.
- Load lancet device with lancet. Massage your finger base to tip. Hold lancet device to either side of the fingertip. Press button to stick finger. Hold hand below your heart and wait 5-10 seconds. Working from the base of the finger, gently squeeze to obtain a drop of blood.
- Gently touch and hold the blood drop to the strip while the strip draws the blood into the strip.
- Wait while the machine determines blood glucose result.
- Remove lancet from the lancet device and dispose of lancet in a suitable sharps container.
- The test strip can be placed in the waste.



Checking Your Meter with the Lab

Comparing your blood glucose meter with a laboratory test result should be done **at least** once a year.



Please follow the steps below:

- You will need a blood work slip from your doctor or Diabetes Program for a fasting glucose
- Bring your blood glucose meter and supplies with you when you get your blood work completed
- Within **5 minutes** of the lab technologist taking your blood from your arm, you must prick your **own** finger and test your blood glucose level with your meter. **Record** your results in your record book for comparison and note it was the **lab/meter** comparison.
- Check when the lab results come back to see how close the results are. Your blood glucose meter and the lab should have a difference of less than 20 %.

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