

# How to Use a Glucose Meter

Using a glucose meter to check your blood sugar level gives you information that will help you to manage your diabetes. Learn to use your meter so you are able to check your blood sugar fast and with ease to get accurate results. Read the owner's manual and work with your diabetes educator, nurse or pharmacist to show you how to use your meter. Practice with your meter following these basic steps.

1. Wash your hands with warm water and soap for at least 15 seconds. Rinse with clean water and towel dry.
  - This removes germs from your hands but also helps to warm your fingers so you will bleed more easily.
  - If you are not able to wash your hands, use an alcohol pad to clean the side of the finger you will stick to get a blood drop.
  - If you are using a site other than a finger, cleanse that site with soap and water or use an alcohol pad to clean the site.
2. Gather your supplies:
  - Your meter
  - Test strips for your meter
  - Lancing device
  - Lancet or needle
  - Log book or record sheet and pen or pencil

**More on next page →**

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3. Open the lancing device and put a lancet in. Remove the cover on the lancet, being careful not to touch the needle.
4. Put the cover back on the lancing device. Set the lancing device so it is ready to be used to stick you. Put it down for now.
5. Get a test strip.
  - Open the vial or bottle holding the strips, remove one and close the bottle right away, or
  - Tear open the foil cover to get your strip out for your meter.
  - If your meter stores the strips inside the meter, go to the next step.
6. Turn your meter on. Pushing a button often does this, but some meters turn on by placing the strip in the meter.
7. Check the screen for the code on your meter. Be sure it matches the code on your test strips.
  - The code is most often on the bottle or vial or the wrapped strip will have the code printed on the wrapper.
  - If your meter has the code built into the strips, go to the next step.
8. When the test strip symbol flashes on the screen, put the test strip in the meter.
9. Pick up the lancing device and place it against the site you are going to use.
  - Use the side of your finger rather than the tip. There are fewer nerves there and you will not bump it as often so it will not be sore.
  - If you use another site, be sure you have warmed the site so you will bleed.
10. Push the button on the lancing device to release the needle. You will feel the stick. Set the lancing device down.
11. Squeeze your finger so you get a large drop of blood.
12. Put the blood on or in the test strip, being sure you have filled the test area.

13. The meter will allow time for the test and then your glucose result will show on the screen.
14. Write the glucose reading on your log book or record sheet.
15. Remove the test strip and turn off the meter by pressing the on/off button. Some meters may turn off when the strip is removed. You can throw the test strip away in your trash can.
16. Remove the lancet from the lancing device. Throw the lancet into a puncture proof container with a lid, such as a detergent bottle or biohazard container you get from the drug store.
17. Put your supplies away so they are ready when you need them again.

Ask your nurse, diabetes educator, doctor or pharmacist if you have questions about your meter and doing your glucose testing. Most meter companies will have a 1-800 phone number available around the clock if you have problems with the meter or your testing.

☒ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**