

# How To Use A Glucose Meter

A glucose meter is used to check your blood glucose or blood sugar level. This is needed to help you manage your diabetes. There are many brands of meters. Your nurse or pharmacist can help you learn about your meter.

Follow these steps to check your blood sugar with a meter.

## Getting Ready

1. Wash your hands with warm water and soap for at least 15 seconds then rinse and towel dry.
2. Get your supplies:
  - Your meter
  - Test strips
  - Lancing device
  - Needle, often called a lancet
3. Open the lancing device and put a needle in. Take the cap off the needle. Do not touch the needle.
4. Put the cover back on the device. Set the spring on the device so it is ready to be used to stick you.
5. Get a test strip out of the bottle or package. Put the cap back on the bottle.
6. Put the strip in the meter. This will turn the meter on.
7. Match the code on your meter screen with the code for your test strips.
  - The code is printed on the test strip bottle or package.
  - 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, the meter is ready for a drop of blood.

# Sidee loo Isticmaalaa Mitirka Gulukoosta

Mitirka gulukoosta waxaa loo isticmaalaa in lagu hubiyo gulukoosta dhiiggaaga ama heerka sonkorta dhiigga. Tan waxaa looga baahan yahay in ay kaa caawiso maamulidda sonkorowgaaga. Waxaa jira noocyo badan oo mitirro ah. Kalkaalisadaada ama farmashiistaha ayaa kaa caawin kara inaad wax ka barato mitirkaaga.

Raac tallaabooyinkaan si aad mitirka ugu hubisid sonkorta dhiiggaaga.

## Diyaar garoobid

3. Gacmaha biyo diirran iyo saabbuun isaga dhaq ugu yaraan 15 ilbidhiqsi ka dibna biyo iska raaci oo tuwaal isaga engeji.
4. Qalabkaaga soo qaado:
  - Mitirkaaga
  - Falliiqyada tijaabada
  - Qalabka daloolinta
  - Cirbad, badanaa loo yaqaanno dalooliso
3. Fur qalabka daloolinta ka dibna cirbadda gudaha geli. Cirbadda daboolka ka qaad. Cirbadda ha taabannin.
4. Daboolka dib ugu celi qalabka. Moollada ku xir qalabka si markaas uu diyaar ugu noqdo in loo isticmaalo inuu kugu dhego.
5. Falliiqyada tijaabada kala soo bax dhalada ama baakada. Furka dib ugu celi dhalada.
6. Falliiqa mitirka geli. Kani mitirka wuu shidayaa.
7. Waafaji summadda ama koodka ku qoran shaashadda mitirka midda falliiqyada tijaabada.
  - Summaddu waxay ku daabacan tahay dhalada ama baakada falliiqa tijaabada.
  - Mitirkaagu wuxuu leeyahay summad ku sameysan falliiqyada, aad tallaabada xigta.
8. Marka calaamadda falliiqa tijaabada ay ka biligleyso shaashadda, mitirku diyaar ayuu u yahay dhibic dhiig.

Glucosa Meter. Somali.

## **Checking Your Blood Sugar**

1. Pick up the lancing device and put it against the side of one of your fingers.
2. Push the button on the device to release the needle. You will feel the needle stick. Set the device down.
3. Squeeze your finger at its base to get a large drop of blood.
4. Based on the type of test strip you use:
  - Touch the end of the test strip to the drop of blood.
  - Put the blood drop on the test area of the strip.
5. Be sure that the test area on the strip fills completely with blood.
6. The meter will time the test and then your blood sugar number will show on the screen.
7. Write your blood sugar number in your log book or blood sugar diary.

## **Cleaning Up the Supplies**

1. Remove the test strip and throw it away in your trash.
2. Remove the needle from the device. Throw the needle into a puncture proof container with a lid such as an old bleach or detergent bottle.
3. Put your supplies away. Store the needle container away from children and pets.
4. Wash your hands again with water and soap.

**Talk to your doctor, nurse, diabetes educator or pharmacist if you have questions about your meter and doing your glucose testing.**

## **Hubinta Sonkorta Dhiiggaaga**

1. Soo qaado qalabka daloolinta ka dibna dhinaca ka dhig mid ka mid ah farahaaga.
2. Riix badhanka ku sameysan qalabka si aad cirbadda u soo deyso. Waxaad dareemi doontaa dhegitaanka cirbadda. Qalabka hoos u deji.
3. Fartaada salkiisa ku marooji si aad u heshid dhibic weyn oo dhiig ah.
4. Iyadoo ku saleysan nooca falliiqa tijaabada ee aad isticmaaleysid:
  - Taabo dhammaadka falliiqa tijaabada dhiigga.
  - Dhibicda dhiigga dhig meesha tijaabada ee falliiqa.
5. Xaqiiji in meesha baaritaanka ee falliiqa laga buuxiyey dhiig.
6. Mitirku wuxuu waqtiga u sameeyaa baaritaanka ka dibna lambarka sonkorta dhiiggaagu waxay kaa tusi doontaa shaashadda.
7. Lambarka dhiiggaaga ku qor buuggaaga ama tusiyaha sonkorta dhiigga.

## **Nadiifinta Qalabka**

1. Meesha ka saar falliiqa baaritaanka ka dibna ku tuur qashinkaaga.
2. Cirbadda ka saar qalabka. Cirbadda ku tuur weel aan dalooshameynin oo dabool leh sida dhalada ay ka dhammaato warankiiladu ama oommadu.
3. Qalabkaaga meel dhigo. Cirbadda ku rido weel ka fog carruurta iyo xayawaanka guriga.
4. Gacmaha mar kale isaga dhaq biyo iyo saabbuun.

**La hadal takhtarkaaga, kalkaalisada, baraha sonkorowga ama farmashiistaha haddii aad qabtid su'aalo ku saabsan mitirka iyo sameynta tijaabada gulukoostaada.**

Glucose Meter. Somali.

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