

# 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.

## 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.

# 如何使用葡萄糖计表

葡萄糖计表用于检查您的血葡萄糖或血糖水平，需要用它来帮助控制您的糖尿病。有许多种品牌的计表。您的护士或药剂师能帮您熟悉计表。

用计表检查您的血糖时请遵照以下步骤。

## 作好准备

1. 用温水和肥皂洗手至少 15 秒钟，然后冲洗并用毛巾擦干手。
2. 放好用品：
  - 您的计表
  - 测试条
  - 刺穿装置
  - 刺针，常称为刺血针
3. 打开刺穿装置，将刺针装上。除掉刺针帽。不要触碰刺针。
4. 在装置的护盖盖好。将装置上的弹簧放好，以使用来粘住您。
5. 从瓶子或封包里拿一张测试条。将瓶盖盖回。
6. 把测试条放入计表。这将开启计表。
7. 将计表荧屏上的编码与测试条的编码相配。
  - 此编码印在测试条的瓶子上或封包上。
  - 如果您的计表已将编码编入测试条，请进行下一步骤。
8. 当测试条图标在荧屏上闪现时，计表已可接受一滴血。

## 检查您的血糖

1. 拿起穿刺装置，将它紧靠一手指的边侧。
2. 按装置上的按钮放出刺针。您会感到刺针扎了一下。放下装置。
3. 按手指的底部挤出一大滴血。
4. 根据您所使用的测试条类型：
  - 用测试条的一端触碰血滴。
  - 将血滴在测试条的测试部位。

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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.**

5. 确定测试条上的测试部位有血。
6. 计表会为测试计时，然后您的血糖数字会出现在荧屏上。
7. 将您的血糖数写在您的日志本或血糖日记中。

## **清洁用品**

1. 除掉测试条，丢进垃圾。
2. 将刺针从装置上拿掉。将刺针丢入一个穿不透的有盖容器，如用完的漂白剂或洗涤剂瓶。
3. 收拾您的用品。将刺针容器放在孩子和宠物够不到的地方。
4. 用水和肥皂再洗一次手。

**如果对计表以及做葡萄糖测试有疑问，请告知您的医生、护士、糖尿病教育人员或药剂师。**

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