

## Blood Glucose Monitoring

Self Blood Glucose Monitoring is an easy way to assess your diabetes control. This information will help you and your doctor see how your treatment plan is working. A number of easy to use machines are available that allow you to measure your blood sugar in a very short amount of time with a simple finger prick. Your diabetes educator will help you select a machine that best fits your needs or you may be given one if you are admitted to the John Dempsey Hospital.

**Follow the following steps when checking your blood sugar.**

- 1. Wash Hands Thoroughly and Dry.**  
( If you must use an alcohol wipe or a hand sanitizer be sure it is completely dry prior to lancing you finger.)
- 2. Lance the side of your finger rather than the tip as there are less nerve endings on the sides.**
- 3. Wipe the first drop of blood away with a gauze or tissue.**
- 4. Apply blood to the strip as directed in the directions for your specific glucose meter.**
- 5. Record the results in the log book that comes with your meter.**
- 6. Be sure to properly throw away the lancet in a hard plastic container (IE. Empty laundry detergent container) so you or anyone handling your trash does not get stuck with it.**

Recording your blood glucose numbers will assist you and your health care providers with making decisions about medications, food and physical activity.

### **Target Blood Glucose Results:**

<b>Fasting:</b>	<b>90 – 130 mg/dl</b>
<b>1 -2 hours after meals:</b>	<b>Less than 180 mg/dl</b>

**Your doctor will need to give you a prescription for blood glucose strips and lancets for your specific glucose meter.** Diabetes supplies are generally covered by insurance but plans do differ and may have a preferred meter. Call your insurance company or ask your diabetes educator which meter is preferred.

**To learn more about the Diabetes Education Programs at the UCONN Health Center, please call the UCONN link at 860-679-7692/800-535-6232.**