



Learning Guide

Blood Glucose Measurement with Glucometer

Aim: Gaining blood glucose measurement with glucometer

Tools: Glucometer, Blood glucose meter (strip, Gloves, Alcohol, - Cotton, Lancet, pen lancets, needle tip, Medical waste box

STEPS

1. Wash hands and wear gloves.
2. Materials are prepared.
3. The patient is explained about the procedure.
4. The patient is seated in a comfortable position.
5. Follow the steps below for calibration control of the glucometer device.
 - Check whether the calibration stick to be used and the code number on the measuring stick box are the same.
 - Press the on button of the glucometer and insert the calibration stick.
 - The device will calibrate automatically. Watch the device screen.
 - Compare the code number on the device screen with the code number on the calibration stick used and the code number on the measuring stick box. Make sure that they are all the same.
6. Place the measuring stick in the device with the arrow or striped sections on top.
7. Watch that the drop () icon flashes on the screen of the device.
8. The finger to be bled is held firmly at the distal knuckle between two fingers, wiped with alcohol cotton wool and allowed to dry.
9. The finger should be held in such a way as to facilitate blood collection and to utilize gravity.
10. The lancet is opened and held by the blunt side.
11. The sterile lancet is quickly inserted into the fingertip. The depth of the incision should not exceed 2.5 mm.
12. The first drop of blood is wiped off with a dry cotton ball.
13. Apply the second drop of blood to the measurement site on the measuring stick attached to the device. The area at the tip of the dipstick must be completely filled with blood.
14. Apply a dry cotton pad to the fingertip.
15. Wait until the warning light goes off on the device display or the device beeps (approximately 5 seconds). Do not remove the measuring stick from the device during this time.
16. Read the measurement result on the device display.
17. Remove the used measuring stick from the device.
18. Dispose of consumables such as used strips, cotton, lancets in appropriate waste containers according to medical waste principles.
19. The patient is informed about the measurement results.
20. Hands are washed.