

Procedure for Blood Glucose Testing

Student:		DOB:	School:	Grade:
Equipment and Supplies	<ol style="list-style-type: none"> 1. Alcohol prep pad 2. Finger lancing device* 3. Blood glucose testing meter such as Accucheck Advantage, Bayer Elite, Lifescan UltraOne Touch, Therasense Freestyle, etc. 	<ol style="list-style-type: none"> 4. Blood testing strips for specific electronic meter. Tissue or cotton balls and sport bandage. 5. Gloves 6. Log Book 		
Essential Steps			Key Points & Precautions	
<ol style="list-style-type: none"> 1. Wash hands and area to be tested with soap and water. Put on gloves. Student's hands must be washed as well. This is sufficient for prepping the site, however, alcohol may be used for further prepping. (The site selected must be dry before pricking.) 			Alcohol may cause toughening of the skin or burning sensation. If moisture (water or alcohol) remains on the skin it may alter test results.	
<ol style="list-style-type: none"> 2. Place glucose testing strip into electronic meter according to manufacturer's instructions 				
<ol style="list-style-type: none"> 3. Prepare lancing device according to manufacturer's instructions. 			* If school personnel are performing the procedure then a disposable lancing device must be used.	
<ol style="list-style-type: none"> 4. Select a site. If using finger, use the topsides of fingertips. Hang the arm below the level of the heart for 30 seconds to increase blood flow. 			The tops of the fingertips may be more sensitive. Other sites can be used such as the forearm if approved by manufacturer.	
<ol style="list-style-type: none"> 5. Puncture the site with the lancing device. Gently squeeze the finger in downward motion to obtain a large enough drop of blood to cover the test strip, 3/16" to 1/32" in diameter). 				
<ol style="list-style-type: none"> 6. Place blood on testing strip and complete instructions according to manufacturer's instructions. 			Compress lanced area with tissue or cotton ball until bleeding stops or apply spot bandage.	
<ol style="list-style-type: none"> 7. Dispose of test strip and tissue or cotton ball in lined wastebasket. Dispose of lancing device in Sharps container. 				
<ol style="list-style-type: none"> 8. Remove and dispose of gloves, wash hands. 				
<ol style="list-style-type: none"> 9. Remove results in Procedure Log. Refer to section III, Records & Logs for samples of blood glucose logs. 			Refer to the "Algorithms for Blood Glucose Results" for management of specific blood glucose level.	