

## **Steps for Blood Glucose Monitoring**

1. Wash and dry hands.
2. Gather materials: blood glucose meter testing strips, lancet and finger/arm stick device, alcohol wipe.
3. Place testing strip in calibrated glucometer per instructions.
4. Have patient hang arm below heart level, gently squeeze finger in a “milking” fashion to increase blood flow to fingertip.
5. Release lancet device to prick fingertip.
6. Place drop of blood on testing strip.
7. When meter registers results record in Diabetes Log.
8. Dispose of used supplies following universal precautions.

**Manual for Training Public School Employees in the Administration of Insulin and Glucagon.** Office of Special Education and Student Services, Division of Instruction, Virginia Department of Education. September, 1999.  
John Kirchgessner, 2002