



# Blood glucose monitoring

LCC IPC Guidance

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## **Blood glucose monitoring**

### **Essential equipment**

- Blood glucose meter
- Cotton swab
- Disposable gloves
- Glucose test strips
- Lancet (finger pricking device)
- Sharps bin

### **Procedure**

- Discuss the need and indication for the procedure with the client and obtain consent.
- Decontaminate hands.
- Insert strip as per manufacturer's instructions – new strip for each test.
- Calibrate the device as per manufacturer's instructions.
- Ensure client is sitting comfortably.
- Ensure client's hands are clean and dry.
- Decontaminate hands and put on disposable gloves.
- Use lancet to draw blood from side of the client's fingertip on either hand, avoiding using thumb and index finger.
- Bring a drop of blood to the surface and allow to fall onto the test strip.
- Apply cotton swab to the puncture site to stop bleeding.
- Note meter reading and act appropriately on the reading.
- Ensure the puncture site has stopped bleeding.
- Dispose of sharps into sharps bin.
- Clean equipment as per manufacturer's guidelines.
- Remove gloves and decontaminate hands.
- Record reading.

