



# Using a Glucometer

## Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
				✓	✓	

### Steps

**Ensure you are always wearing proper PPE before performing the skill.**

1. Ensure patient history is taken and the need for glucometer testing is determined.
2. Explain the procedure to the patient.
3. Gather required equipment (i.e., sharps container) and prepare lancet and lancet device.
4. Insert the test strip into the glucometer.
5. Cleanse the patient's finger with an alcohol swab and allow the skin to dry completely.
6. Gently squeeze the finger and then prick the skin with a sterile lancet, using aseptic technique, and wait for a drop of blood to appear.
7. Bring the glucometer to the patient's finger and touch the tip of the test strip to the drop of blood.
8. Obtain an accurate blood glucose level reading and document the displayed results.
9. Have the patient hold pressure on the sample site, using a sterile gauze pad. Prepare an adhesive dressing and secure it on the patient's finger.
10. Dispose of the lancet in the sharps container and the test strip in a biological waste container.

**Organizational/local protocol for \_\_\_\_\_ :**

#### Skill Notes

- Some glucometers are self-calibrating, and others require you to match a code on the screen to the test strip vial for calibration.
- The side of the fingertip is the preferred lancet point.