如何使用血糖仪

How to Use a Glucose Meter

A glucose meter is used to check your blood glucose or blood sugar level. This is needed to help you manage your diabetes. There are many brands of meters. Your nurse or pharmacist can help you learn about your meter.

To get the most accurate results, be sure you:

- Wash your hands well before testing.
- Use the brand of test strips for your meter.
- Store your test strips as recommended.

Follow these steps to check your blood sugar with a meter:

Getting Ready

1. Wash your hands with warm water and soap for at least 15 seconds, rinse with warm water, and dry with a towel.

2. Get your supplies:
   - Your meter
   - Test strips
   - Lancing device
   - Needle, often called a lancet

3. Open the lancing device and put a needle in. Take the cap off the needle. Do not touch the needle.

4. Put the cover back on the lancing device. Set the spring on the device so it is ready to be used to stick you.

5. Get a test strip out of the bottle or package. Put the cap back on the bottle.

血糖仪用于检查您的血液葡萄糖或血糖水平，您可借助它来帮助控制您的糖尿病。市面上有多个血糖仪品牌。您的护士或药剂师可协助您了解所用血糖仪的相关信息。

若要得到最准确的数值，务必：

- 在检测前洗净双手。
- 使用与血糖仪品牌相同的试纸。
- 遵照所建议的方法存放试纸。

用血糖仪检查您的血糖水平时请遵照以下步骤：

做好准备

1. 用温水和肥皂洗手至少 15 秒钟，然后用热水冲洗并用毛巾擦干。

2. 取出用品：
   - 血糖仪
   - 试纸
   - 穿刺装置
   - 刺针，常称为刺血针

3. 打开穿刺装置，装上刺针。取下刺针帽。请勿触碰刺针。

4. 盖回穿刺装置的护盖。将弹簧置入装置，以便做好采血准备。

5. 从瓶子或包装里取出一张试纸。将瓶盖盖好。

6. Put the strip in the meter. This will turn the meter on.

7. Match the code on your meter screen with the code for your test strips.

   • The code is printed on the test strip bottle or package.

   • If your meter has the code built into the strips, go to the next step.

8. When the test strip symbol flashes on the screen, the meter is ready for a drop of blood.

Checking Your Blood Sugar

1. Pick up the lancing device and put it against the side of one of your fingers.

2. Push the button on the device to release the needle. You will feel the needle stick. Set the device down.

3. Squeeze your finger at its base to get a large drop of blood.

4. Based on the type of test strip you use:

   ❑ Touch the end of the test strip to the drop of blood.

   ❑ Put the blood drop on the test area of the strip.

5. Be sure that the test area on the strip fills completely with blood.

6. The meter will time the test and then your blood sugar number will show on the screen.

7. Write your blood sugar number in your log book or blood sugar diary.

6. 把试纸放入血糖仪，这将开启血糖仪。

7. 确认血糖仪荧屏上的编码与试纸编码相符。

   • 此编码印在试纸瓶或包装上。

   • 如果您血糖仪编码与试纸编码相符，请进行下一步。

8. 当试纸符号在荧屏上闪烁时，表示血糖仪已准备好接受血滴。

检查血糖

1. 拿起穿刺装置，将它贴靠在一根手指的侧部。

2. 按下装置上的按钮，释放出刺针。您会有刺痛感。放下装置。

3. 按压手指的底部，挤出一大滴血。

4. 根据您所使用的试纸类型：

   ❑ 用试纸尾端触碰血滴。

   ❑ 将血滴滴在试纸的检测区域。

5. 确定试纸的检测区域充满血液。

6. 血糖仪会为检测计时，然后荧屏上将显示您的血糖值。

7. 将您的血糖值记入日志本或血糖日记中。

Cleaning Up the Supplies

1. Remove the test strip and throw it away in your trash.

2. Remove the needle from the device. Throw the needle into a puncture proof container with a lid such as an old bleach or detergent bottle.

3. Put your supplies away. Store the needle container away from children and pets.

4. Wash your hands again with water and soap.

Talk to your doctor, nurse, diabetes educator or pharmacist if you have questions about your meter and doing your glucose testing.

清洁用品

1. 取出试纸，将它丢进垃圾桶。

2. 取出装置中的刺针。将刺针放入带盖子的防刺容器，例如用过的漂白剂或洗涤剂瓶。

3. 收拾您的用品。将刺针容器放在孩子和宠物接触不到的地方。

4. 用水和肥皂再次洗手。

如果对血糖仪以及血糖检测方法有任何疑问，请咨询您的医生、护士、糖尿病指导员或药剂师。