

A step-by-step guide to capillary blood glucose monitoring

Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

- First wash and dry your hands. Any sugar from handling food or drink can affect your readings. Even if you have not handled any food and drink, many other things could affect your readings – even handling paper.
- Take a blood glucose test strip out of the pot. Ensure you close the lid, as strips can react with the air.
- Insert the strip into the slot in the end of the meter. This will turn the meter on.
- A picture of a blood drop or test strip will usually appear on the meter's screen to show that it is ready for the blood sample.
- Pull the end of the finger pricker device to set the spring.
- Push the end of the finger pricker firmly against side of your finger at the level of the fingernail. Try not to use pads of the fingers as they will get sore. If you use your third and fourth fingers, this will spare your thumb and 1st finger. You can use either hand.
- Press the button to release the spring. Keep the finger pricker firmly against the finger as you do so.
- If the finger does not bleed, use the other hand to squeeze the finger at the base and then push towards the tip (this is known as milking the finger).
- Once you have a pinhead size drop of blood, lightly touch the test strip to the blood. The test strip will suck the blood up like a straw.
- The blood glucose reading should appear on the screen in about five seconds.
- The blood glucose meter will store the result but you may prefer to write the result in the monitoring diary.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

Royal Devon University Healthcare NHS Foundation Trust
www.royaldevon.nhs.uk

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon sites or in community settings.

© Royal Devon University Healthcare NHS Foundation Trust
This leaflet was designed by the Graphics Department.
www.royaldevon.nhs.uk/get-in-touch