

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

Contact us

Leeds Community Diabetes Service
Chapelton Health Centre
Spencer Place
Leeds LS7 4BB

Phone: **0113 843 4200**
Fax: **0113 843 4201**

Getting accurate and useful home **blood glucose** measurements



10 TOP TIPS

- 1** Make sure that you understand the relevance of blood glucose testing and why you have been asked to test your blood glucose.
- 2** Ensure your testing strips are in date and stored in the original container or packaging, as recommended by the manufacturer. Once you have opened the packaging, the strips will have a limited shelf life. Please ensure you check the manufacturers guidance.
- 3** To keep the test strips in good condition, replace the lid on the test strip container if applicable as soon as you have removed the strip.
- 4** Always wash and dry your hands thoroughly before testing. **Do not** use wet wipes or alcohol swabs as these could affect the blood glucose result.
- 5** Make sure that you use an appropriate finger pricking device and a new lancet for each test. Some finger prickers offer adjustable penetration depth which can help reduce unnecessary discomfort.
- 6** When testing:
 - Make sure that your hands are warm as this will help the blood flow and make testing less painful. Holding your hand towards the ground can also help blood flow
 - Use a different finger and a different area each time to minimise pain and help skin healing
 - Prick to the side of the finger tip to get the blood sample as this tends to be less painful than the fingertip
 - Gently squeeze the finger to get enough blood for the test and ask for help from your health care professional if you struggle to get enough blood
- 7** **Do not** leave the meter or strips in extremely hot or cold environments as this may cause an inaccurate reading.

- 8** Always re-test if the blood glucose result does not match your symptoms.
- 9** It is important that you test your blood glucose at variable times to understand how your current diabetes treatment is working and to enable safe treatment adjustment.

You have been advised to test your blood glucose: (tick)

daily twice daily 2-3 times daily 4 times daily

Please include some measurements: (tick)

Before breakfast / 2 hours after breakfast

Before midday meal / 2 hours after midday meal

Before evening meal / 2 hours after evening meal

Before bed / during night if awake

Please record your measurements in your blood glucose monitoring diary and **bring your results and meter to all your appointments**. Most meters offer computer software that can help you record and analyse your results.
- 10** Remember to dispose of sharps safely in a suitable sharps container.

Remember

Always read the instructions provided with your meter, keep your user guide for future reference and complete and send the warranty card provided. A helpline is also provided by the meter manufacturer for any other meter-related queries.

Ask your diabetes health care professional for advice if you are having any difficulties testing your blood glucose levels.

