**Plano Independent School District**

**School Health**

**Blood Glucose Monitoring Procedural Guideline**

**Purpose**

To measure the amount of glucose in the blood to assess student’s needs for:

1. Hypoglycemia (low blood sugar)
2. Hyperglycemia (high blood sugar)
3. Insulin
4. Dietary needs

**Equipment and Supplies**

1. Alcohol preps (optional)
2. Finger lancing device
3. Blood glucose meter
4. Blood glucose testing strips
5. Cotton balls or tissue
6. Gloves
7. Sharps container

|  |  |  |
| --- | --- | --- |
|  | **Essential Steps** | **Key Points and Precautions** |
| 1) | Wash hands and area to be tested with soap and water. Put on gloves. Student’s hands must be washed as well. This is sufficient for prepping the site; however, alcohol may be used if soap and water are not available. (The site selected must be dry before pricking.) | Alcohol may cause toughening of the skin or burning sensation. If moisture (water or alcohol) remains on the skin it may alter test results. |
| 2) | Place glucose test strip into meter according to manufacturer’s instructions. Verify correct code strip. | Read meter instructions, some meters do not require code strips. |
| 3) | Prepare lancing device according to manufacturer’s instructions. |  |
| 4) | Select a site. If using finger, use the sides of fingertips. Hang the arm below the level of the heart for 30 seconds to increase blood flow. | The tips and pads of the fingertips are more sensitive. The sides of the fingers should be used. Other sites can be used such as the forearm if approved by manufacturer, but should not be used if suspected hypoglycemia. |
| 5) | Puncture the site with the lancing device. Gently squeeze the finger so that blood can be absorbed into the test strip with a wicking motion. |  |
| 6) | Place blood on test strip and complete instructions according to manufacturer’s instructions. |  |
| 7) | Dispose of test strip and tissue or cotton in lined wastebasket. Dispose of lancet in Sharps container. | Compress lanced area with tissue or cotton ball until bleeding stops. |
| 8)  | Remove and dispose of gloves, wash hands. |  |
| 9) | Record results on blood glucose log. | Refer to doctor’s orders for management of blood glucose results. |