

Patient Information

Blood Glucose Testing

Important points to remember:

- Wash your hands and your child's hands before testing blood glucose levels. This is **absolutely essential** in order to obtain an accurate result. Do not use wet wipes or hand gels as these may affect the result (there are specific wipes made by the meter companies that may be useful).
- Make sure your blood glucose testing strips are in date.
- The lancet can be used up to a **maximum of four times**, before replacing it with a new one.
- Avoid thumb and forefinger. Test by using the **side** of the fingers, not the pad of the fingers. It is important to rotate and not to use the same finger all the time.
- Normal range for blood glucose levels are between 4mmol/l – 7mmol/l.
- It is recommended that if your child has an unexplained/unexpected blood glucose level of above **14mmol/l** or if your **child is unwell**, then blood ketones should be checked (please see separate patient information leaflet). If you have any concerns about the result, please contact **the Paediatric Diabetes Nurse on 01908 996 522**, or **Ward 4 on 01908 996 367**.
- Dispose of lancet safely and appropriately.
- Please remember to record results in the diary. This enables you to see a pattern in blood glucose levels.

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