

# TEN

## Things to know about Glucose Monitoring

1. If you are going to stick your finger, you want an accurate result. Things like wet alcohol, water, lotions, and food residue can alter test results. Test strips may not be accurate after the expiration date.
2. Temperature changes and humidity can damage test strips. Store them at room temperature. Keep the lid on tightly – throw away any that have been left open.
3. Lancets dull very quickly. They can be reused – if you are the only one using them and your hands are clean. Do not use them more than about three to four times.
4. Sharps must be disposed of properly. Throw them away in a sealed plastic container with a little bleach or vinegar.
5. Testing on your fingertips can bruise and scar them. Use the sides of the fingers for testing. Alternate site testing can be done before or two hours after meals
6. Quality control testing is important
  - Test the first strip out of a new can
  - Test again if you drop your meter or think you are getting strange results
  - Test solution also deteriorates. Get a new bottle every three months.
7. There is no such thing as “borderline” diabetes
  - Normal glucose range is between 65 and 110
  - If glucose is outside of this range, it may indicate “Impaired Glucose Tolerance”
  - Fasting glucose of greater than 126 on more than one occasion indicates Diabetes
  - Any random glucose over 200 indicates diabetes
8. Goals for people with no significant heart problems (AACE guidelines)
  - Less than 110 before meals
  - Less than 140 after meals
  - A1C of less than 6.5%
9. Goals for people with heart problems (ADA guidelines)
  - Less than 130 before meals
  - Less than 180 after meals
  - A1C of less than 7%
10. You can't do it all yourself – know when to talk to your doctor
  - Glucose is rising without explanation for more than a day or two
  - Glucose is greater than 400
  - Glucose is not reaching goals with current medications, diet and exercise