

Self-monitoring of blood glucose

What is a blood glucose test?

Blood glucose is the amount of glucose (sugar) we have in our blood at a given moment. It can be measured with a blood test or with a drop of blood from the finger, either at the doctor's office or at home. When the patient does it themselves, we call it self-monitoring or self-testing of blood glucose.



When should it be done?

Although diabetes is monitored through blood tests, your healthcare professionals will tell you when to check your blood sugar levels.

These tests are not necessary for all patients or for all treatments. They are useful for detecting significant drops in glucose levels. When there are changes in treatment, they are usually done more often, and they are also useful in cases of dizziness, discomfort, or fever.

How is the test done?

The professionals on the primary care team will explain how to do it and provide you with the necessary materials. They will also tell you how often you need to do it, depending on the type of diabetes and your treatment.

You will need a lancet or lancing device to prick your finger, a test strip, and a device that measures blood sugar, called a glucometer.

It is very important to wash your hands with warm water and soap before the test and dry them thoroughly. If your hands have traces of

hydro alcoholic gel, alcohol, or soap on them, or if they are not clean, the result could be inaccurate.

Once your hands are clean, activate the glucometer with the contact button and insert the test strip. Some models start automatically when the strip is inserted.

Use the lancing device to prick the side of the soft part of a finger, but avoid the index finger and thumb. This is so that the prick does not interfere with your daily activities.

Once you have pricked your finger, massage it outward to obtain a drop of blood. When you have the drop, bring it close to the test strip on the side marked with a dark color and touch it to the side of the strip so that it absorbs the blood by capillary action. In a few seconds, the blood glucose value will appear on the device's screen.



What results are normal?

Normal values depend on whether you have eaten or not, but they should always be above 70 mg/dl and, ideally, below 130 mg/dl when fasting. Your doctor or nurse will provide guidance based on the test results.

