

血糖測量計

How to Use a Glucose Meter

A glucose meter is used to check your blood glucose or blood sugar level. This is needed to help you manage your diabetes. There are many brands of meters. Your nurse or pharmacist can help you learn about your meter.

To get the most accurate results, be sure you:

- Wash your hands well before testing.
- Use the brand of test strips for your meter.
- Store your test strips as recommended.

Follow these steps to check your blood sugar with a meter:

Getting Ready

1. Wash your hands with warm water and soap for at least 15 seconds, rinse with warm water, and dry with a towel.
2. Get your supplies:
 - Your meter
 - Test strips
 - Lancing device
 - Needle, often called a lancet
3. Open the lancing device and put a needle in. Take the cap off the needle. Do not touch the needle.
4. Put the cover back on the lancing device. Set the spring on the device so it is ready to be used to stick you.
5. Get a test strip out of the bottle or package. Put the cap back on the bottle.

血糖測量計用於檢查血液葡萄糖或血糖水平，您可藉助它來幫助管理您的糖尿病。市面上有多個血糖測量計品牌。護士或藥劑師可協助您瞭解所用的測量計。

若要獲得最準確的數值，您務必：

- 在測量前洗淨雙手。
- 使用與測量計品牌相同的試紙。
- 按照建議存放試紙。

依照下列步驟，使用測量計測量血糖水平：

做好準備

1. 以溫水及肥皂洗淨雙手，至少持續 15 秒，然後以溫水沖洗並用毛巾擦乾。
2. 取出用品：
 - 測量計
 - 試紙
 - 穿刺裝置
 - 針頭，常稱為採血針
3. 打開穿刺裝置並裝上針頭。拔下針頭帽。請勿觸碰針頭。
4. 蓋回穿刺裝置護蓋。將彈簧置入裝置，以做好採血準備。
5. 從瓶子或包裝中取出一張試紙。將瓶蓋蓋好。

6. Put the strip in the meter. This will turn the meter on.
 7. Match the code on your meter screen with the code for your test strips.
 - The code is printed on the test strip bottle or package.
 - If your meter has the code built into the strips, go to the next step.
 8. When the test strip symbol flashes on the screen, the meter is ready for a drop of blood.
6. 將試紙放入測量計中，這將開啟測量計。
 7. 比對測量計螢幕上的代碼是否與試紙代碼相符。
 - 此代碼列印於試紙瓶或包裝上。
 - 如果測量計代碼與試紙代碼相符，請進行下一步。
 8. 當螢幕上閃爍試紙符號，表示測量計已準備好接受血滴。

Checking Your Blood Sugar

1. Pick up the lancing device and put it against the side of one of your fingers.
2. Push the button on the device to release the needle. You will feel the needle stick. Set the device down.
3. Squeeze your finger at its base to get a large drop of blood.
4. Based on the type of test strip you use:
 - Touch the end of the test strip to the drop of blood.
 - Put the blood drop on the test area of the strip.
5. Be sure that the test area on the strip fills completely with blood.
6. The meter will time the test and then your blood sugar number will show on the screen.
7. Write your blood sugar number in your log book or blood sugar diary.

檢查血糖

1. 拿起穿刺裝置，將它貼靠在一根手指的側部。
2. 按下裝置上的按鈕以釋出針頭。您會感覺到針頭刺入。放下裝置。
3. 按壓手指底部以擠出大顆血滴。
4. 根據您所用的試紙類型：
 - 以試紙尾端觸碰血滴。
 - 將血滴滴在試紙的測試區上。
5. 確認試紙的測試區充滿血液。
6. 測試計將為測試計時，之後螢幕上會顯示您的血糖值。
7. 將血糖值記錄在記錄本或血糖日記本中。

Cleaning Up the Supplies

1. Remove the test strip and throw it away in your trash.
2. Remove the needle from the device. Throw the needle into a puncture proof container with a lid such as an old bleach or detergent bottle.
3. Put your supplies away. Store the needle container away from children and pets.
4. Wash your hands again with water and soap.

Talk to your doctor, nurse, diabetes educator or pharmacist if you have questions about your meter and doing your glucose testing.

清潔用品

1. 取出試紙，將它丟進垃圾筒。
2. 取出裝置中的針頭。將針頭放入帶蓋子的防刺容器（如用過的漂白劑或清潔劑瓶子）。
3. 收拾好用品。存放針頭的容器應放在兒童與寵物接觸不到的地方。
4. 以清水及肥皂再次洗淨雙手。

如對測量計與血糖測試方法有任何疑問，請諮詢您的醫生、護士、糖尿病指導員或藥劑師。