

- Use a sterile lancet for blood sampling.
- Apply a right amount of blood to the test strip. Insufficient or excessive blood amount will affect accuracy of the measurement. Retest with a new test strip if necessary.
- Insert the test strip completely into the meter guide. If a test strip is not fully inserted, the displayed blood glucose result may be inaccurate.
- Refer to the user manual and interpret the displayed blood glucose concentration, the unit, symbols or other messages carefully.
- Record the result for future reference, as the memory function of the blood glucose meter may not be totally reliable.
- If there is any doubt in the test result, use the control solution to test the device and repeat the measurement again. Consult healthcare professionals as soon as possible if the result is persistently doubtful.

Each time you change a new package of test strips,

- Set the code of the meter prior to testing. Make sure the code number displayed on the blood glucose meter and the code number on the test strip vial are the same.
- Refer to the user manual to conduct the control solution test.

How to take care of my home-use blood glucose meter?

- Make sure you register with the agent in order to enjoy after-sale service.
- Dispose the used lancets into a puncture-resistant container. Clean the device according to the

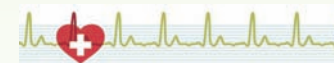
instruction after the blood glucose test.

- Do not insert expired or used test strip into the blood glucose meter in order to avoid unnecessary damage to the device.
- Keep the blood glucose meter, test strips and control solution away from extremes of temperature and relative humidity. The test strips must be stored in the original vial with the cap tightly closed. Avoid placing the test strips in another container.

Other recommendations and summary

- Home-use blood glucose meter is useful for self-monitoring the blood glucose level. However, one should not totally rely on the test results and ignore the importance of regular medical follow-up.
- You should have regular blood taking for glucose level at the hospital or clinic to ensure that it is within the normal range.
- Consult your healthcare professionals before sampling blood from sites other than the fingertip.
- If you are in doubt about the test result, perform a quality control check as instructed by the user manual. If the test results are persistently doubtful, contact your healthcare professionals immediately.
- Stick to the same blood glucose meter every time to minimise variation of the blood glucose results. Differences in the design, working principle and calibration method of different blood glucose meters will yield different test results.

Know more about Home-use Blood Glucose Meter



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Department of Health

What is home-use blood glucose meter?

- ◆ Home-use blood glucose meter is a battery-powered portable medical device which is readily available in the market and can be bought without doctor's prescription.
- ◆ It is intended for measuring the approximate concentration of glucose in blood by using the blood sample of the user.

What is the function of home-use blood glucose meter?

- ◆ Diabetic patients may use home-use blood glucose meter to self-monitor their blood glucose level. The results are useful in monitoring diabetic control, and help modifying diets and physical activity levels, as well as adjusting medication dosage by the doctor.
- ◆ If diabetic patients can maintain their blood glucose levels within an acceptable range, the chance of having long-term complications will be lowered.

How to operate home-use blood glucose meter?

- ◆ Use a lancet to obtain a small drop of blood from the fingertip and apply it on a test strip. Insert the test strip into the device and let it conduct the blood glucose test.
- ◆ Owing to differences in the design of blood glucose meters, users should follow the user manual to operate the device.

What is the unit of blood glucose concentration?

- ◆ The blood glucose concentration is expressed in "millimoles per liter" (mmol/L) or "milligrams per

deciliter" (mg/dL). The former is more commonly used in Hong Kong.

- ◆ Some home-use blood glucose meters allow users to change the unit of the blood glucose concentration. Hence, cautions should be taken in reading the results to avoid erroneous interpretation of hypoglycemia or hyperglycemia which may lead to dehydration, loss of consciousness or even death.

Special tips for choosing a home-use blood glucose meter

- ◆ Consult healthcare professionals before buying the blood glucose meter. Choose a suitable blood glucose meter according to its function, accuracy and ease of operation.
- ◆ Apart from the price of the blood glucose meter, also consider the price and availability of consumables such as test strips, control solution and lancets.
- ◆ Check the contact information of the agent on the label of the blood glucose meter. Check that all accessories including the warranty card and user manual are available.
- ◆ Make sure the monitor is functioning well.
- ◆ Make sure the test strips are compatible with your blood glucose meter.
- ◆ Patients with abnormal physiological conditions such as high bilirubin level, high lipid level, too high or too low haematocrit level, may affect the accuracy of blood glucose measurement. In case of doubt, consult healthcare professionals before buying a blood glucose meter.

Special tips before using home-use blood glucose meter

- ◆ Read the user manual carefully, and follow the instructions in calibrating the blood glucose meter. Contact the agent if you have any queries.
- ◆ Check the power supply regularly and replace the batteries when necessary.
- ◆ Check the expiry date of the test strips. Do not use expired or used test strips.
- ◆ Carry out a blood glucose test at appropriate time as instructed by healthcare professionals (e.g. during fasting, before meals, 2-3 hours after meals or before sleep).
- ◆ Under certain environmental conditions (e.g. high relative humidity or low temperature), the blood glucose test result may be incorrect. You are advised to make a record for blood glucose tests performed under these conditions for future reference.

Special tips when using home-use blood glucose meter

Each time you turn on the blood glucose meter,

- ◆ Make sure the monitor displays the unit you are accustomed to.
- ◆ Verify that all LCD segments are present on the display. If any part of the display is missing or strange characters appear, check the battery. If a full battery is in place and the problem still persists, stop using the blood glucose meter and contact the agent immediately.

Each time you perform blood glucose test,

- ◆ Wash your hands thoroughly to avoid contamination of the blood sample with sugar.