



Safe Glucometer Use

This brochure is for anyone who monitors blood glucose or helps with glucose monitoring.

This includes:

- staff at assisted living and long-term care facilities
- staff at other health care settings
- people who monitor their own blood glucose

Glucometers

- A glucometer (or blood glucose meter) is a device that measures how much glucose (sugar) is in the blood.
- A spring-loaded fingerstick device is used to take a sample of blood for glucose testing. It contains a lancet (a short pointed blade) that pierces the skin to obtain a drop of blood.
- Blood on glucose monitoring equipment may contain germs (viruses and bacteria) that can cause infection through a break in the skin, such as a fingerstick wound. This can happen even with a tiny amount of blood that cannot be seen with the naked eye.
- Each year, there are new cases of people getting hepatitis B and hepatitis C through sharing glucometers or glucometry equipment.



Do not share glucometers

- Never share glucometers or spring-loaded fingerstick devices.
- Use only 1 glucometer and 1 reusable spring-loaded fingerstick device per person.
- Label each glucometer and reusable spring-loaded fingerstick device with the person's name.
- Never reuse needles (including needles on insulin pens), syringes, lancets or penlets.



Other ways to prevent infection

- Use single-use, spring-loaded fingerstick devices that permanently retract after use.
- Throw away used lancets, disposable fingerstick devices, needles, and syringes immediately after use in approved sharps containers.
- Glucometers, penlets, and reusable fingerstick devices should be cleaned and disinfected after every use, according to the manufacturer's instructions.
- Wear gloves when helping someone with glucose monitoring. If helping more than one person, wash hands and change gloves after each person. Alcohol-based hand sanitizer can be used instead of washing.

For People Helping Others with Glucometry:

Do not carry glucometry or insulin supplies in pockets. This includes lancet devices, lancet pens, penlets, and vials of insulin or medication.

REFERENCES

One & Only Campaign

www.oneandonlycampaign.org

**CDC's Infection Prevention during
Blood Glucose Monitoring and Insulin
Administration**

cdc.gov/injectionsafety/

blood-glucose-monitoring.html

**Food and Drug Administration's Alert:
Use of Fingertick Devices on More
Than One Person Poses Risk for
Transmitting Bloodborne Pathogens:
Initial Communication: Update**

11/29/2010.

fda.gov/MedicalDevices/Safety/

AlertsandNotices/ucm224025.htm

***Notes from the field: Deaths from Acute
Hepatitis B Virus Infection Associated
with Assisted Blood Glucose Monitoring
in an Assisted-Living Facility – North
Carolina, August–October 2010.***

[cdc.gov/mmwr/preview/mmwrhtml/](http://cdc.gov/mmwr/preview/mmwrhtml/mm6006a5.htm?s_cid=mm6006a5_w)

mm6006a5.htm?s_cid=mm6006a5_w

For more information, call 311

