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

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

fda.gov/MedicalDevices/Safety/AlertsandNotices/ucm224025.htm

cdc.gov/mmwr/preview/mmwrhtml/mm6006a5.htm?s_cid=mm6006a5_w

For more information, call 311
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.
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