

Blood Glucose Testing

General Information

- 1) Blood Glucose Testing is performed at designated testing times or when symptoms of hypo/hyperglycemia occur (refer to specific procedure).
- 2) Regular monitoring of blood glucose levels contribute towards proper management of diabetes. This should be available to student in school whenever and wherever necessary.
- 3) Follow specific manufacturer's instructions for operating meter.
- 4) Blood glucose levels for people with diabetes range between 70-110 before a meal. Appropriate ranges for persons with diabetes vary depending on age and the ability to balance insulin, diet, and exercise and the physician's philosophy.
 - For students under 5 or 6 of age most blood glucose levels should be between 100 and 200. Expect some readings below 100 and some above 200. If more than 50% of the readings are above 200 or below 100, the management plan may need to be adjusted (depending on the prescribed regimen). Parents should be notified to contact their healthcare provider for a possible change in insulin dose.
 - For older and teenager students most blood glucose readings should be between 70 and 150. Expect some readings below 70 and some above 150. If more than 50% of the readings are below 70 or above 150 then the management plan may need to be adjusted (depending on the prescribed regimen). Parents should be notified to contact their healthcare provider for a possible change in insulin dose.
- 5) Most children will use glucose meters that require use of fingertips for glucose testing. However, some of the new meters allow testing on forearms. The lancet device used for forearm testing is not disposable; therefore the child may only use the forearm if they are independently able to use the lancing device.
- 6) Parent/careprovider to supply necessary equipment for performing procedures at school.

Procedure for Blood Glucose Testing

Pupil:	DOB:	School:	Grade:
Equipment and Supplies	1. Alcohol prep pad 2. Finger lancing device* 3. Blood glucose testing meter such as Accucheck Advantage, Bayer Elite, Lifescan UltraOne Touch, Therasense Freestyle, etc.		4. Blood testing strips for specific electronic meter. Tissue or cotton balls and spot bandage. 5. Gloves 6. Log Book
Essential Steps		Key Points & Precautions	
1. Wash hands and area to be tested with soap and water. Put on gloves. Student's hands must be washed as well. This is sufficient for prepping the site, however, alcohol may be used for further prepping. (The site selected must be dry before pricking.)		Alcohol may cause toughening of the skin or burning sensation. If moisture (water or alcohol) remains on the skin it may alter test results.	
2. Place glucose testing strip into electronic meter according to manufacturer's instructions.			
3. Prepare lancing device according to manufacturer's instructions.		*If school personnel are performing the procedure then a disposable lancing device must be used.	
4. Select a site. If using finger, use the top sides of fingertips. Hang the arm below the level of the heart for 30 seconds to increase blood flow.		The tops of the fingertips may be more sensitive. Other sites can be used such as the forearm if approved by manufacturer	
5. Puncture the site with the lancing device. Gently squeeze the finger in a downward motion to obtain a large enough drop of blood to cover the test strip 3/16" to 1/32" in diameter).			
6. Place blood on testing strip and complete instructions according to manufacturer's instructions.		Compress lanced area with tissue or cotton ball until bleeding stops or apply spot bandage.	
7. Dispose of test strip and tissue or cotton ball in lined wastebasket. Dispose of lancing device in Sharps container.			
8. Remove and dispose of gloves, wash hands.			
9. Record results in Procedure Log. Refer to Section III, Records & Logs for samples of blood glucose logs.		Refer to the "Algorithms for Blood Glucose Results" for management of specific blood glucose level.	