

Glucose Meter – Tips and Guide

Warranty

Your Accu-Chek Advantage Glucose Meter is under warranty for 3 years. If you have questions or problems of any kind in the first 3 years you own the meter, please use the 1-800-858-8072 number on the back of your meter to contact the company.

After the warranty expires, please call 1-800-423-2111, ext 40433 to make an appointment for assistance or replacement.

Blood Glucose Goals

The American Diabetes Association recommends that your glucose readings should be between

- 90-130 first thing in the morning and before any meal
- 180 or less 2 hours after meals
- 100-140 at bedtime if you take insulin or hypoglycemic medication

Your doctor may advise a specific range for you. If you have consistently high (above 300) or frequent low (below 70) readings report this to your physician.

Prescription Ordering

You will get a 3 month supply of glucose testing strips as a prescription. Order the refills for strips, control solution and lancets from Pharmacy as you would a medication prescription.

- Mail your request
- Phone in the refill (1-800-244-2912)
- Use the computer and reorder on My HealtheVet (<http://www.myhealth.va.gov>)

Self Test Diary

- Keep a written record of your glucose readings. You can use the self-test diary provided in class. Record the time and day with the test results. Enter additional comments such as: “I was ill,” “I had exercised”, “I ate out”, “I had a celebration” or such.
- Take your written record to show your provider/physician.
- More diaries may be obtained by calling the 800 number on your meter and requesting that the diaries be sent to your home.

Cleanliness

- Wash your hands carefully with warm water before sticking your finger.
- Use alcohol wipes only when you can't wash your hands, because alcohol is drying to the skin. If you use alcohol, wipe the first drop of blood away and test on the second drop.

Your Lancet Device

- It is adjustable. The higher the number dialed, the deeper the puncture.
- Use a fresh, clean lancet (needle) each time. Dull needles cause unnecessary pain.
- If your lancet device breaks, contact Pharmacy to request a replacement.
- Dispose of used lancets properly. Never throw a used lancet into the trash where someone else could get stuck.

Hypoglycemia (low blood sugar)

- Blood sugar less than 70 is hypoglycemia.
- Diabetes medications that increase insulin in your blood can cause the blood sugar to go too low.
- Hypoglycemia can come on quickly and must be treated immediately

Causes

Too little food
Increased exercise
Drinking alcohol
Diabetes improved
Medication timing

Common Symptoms

Irritability
Hunger
Shakiness
Sweating

Treating Hypoglycemia

- Treat Promptly! If you are driving and have symptoms, get off the road!
- Test blood sugar if possible and take action if reading is below 70.
- Rule of 15's
 - Take 15 grams (one serving) of a quick carbohydrate (Example: juice, regular soda, milk, raisins, jelly, honey, hard candy, Insta-Glucose, glucose tablets)
 - Check blood glucose in 15 minutes.
 - If reading is not over 70, repeat 15 grams of carbohydrate or if near a meal time, eat the meal.
- Remember, the symptoms last even after the blood sugar is back up, so don't try to keep eating carbohydrates until the symptoms pass. Test and treat appropriately.