



**BRISBANE  
ENDOCRINE  
— AND —  
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**Blood glucose monitoring regimen**

Frequency: \_\_\_\_\_

Timing: \_\_\_\_\_

**Notes:**

**Diabetes Equipment Checklist**

- Blood glucose meter: \_\_\_\_\_
- Blood test strips for: \_\_\_\_\_
- Ketone testing strips for: \_\_\_\_\_
- Lancets (Needles for pricking finger) for: \_\_\_\_\_
- Scripts
- Sharps container
- BGL record booklet
- CGM (Libre, Dexcom) if applicable
- Hypoglycaemia treatment if applicable



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## **Blood Glucose (BGL) Monitoring**

1. Clean your hands and dry thoroughly
2. Put strip into meter (this will automatically turn meter on)
3. Prick finger and gently squeeze blood
4. Place blood on test strip
5. Wait for blood glucose reading & record in diary

Your diabetes educator will advise you on the recommended frequency of your BGL monitoring and lancet hygiene.





