

## **Blood Glucose Testing: Fact Sheet**

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- **Blood Glucose tests for most children with diabetes are required before breakfast, before lunch, before dinner and before bed.**
- **Sometimes additional overnight blood glucose tests are required on days where children have been more active than usual or whenever there is concern about overnight levels.**
- **Hands must be washed and dried thoroughly before blood glucose tests are taken.**
- **Hands and fingers must be warm when blood glucose tests are taken.**
- **Keeping the finger under the level of the heart will help with blood flow and make it easier to undertake the blood glucose test.**
- **It is important to use the sides of the fingertips for blood glucose tests to avoid damage to the nerves.**
- **Blood glucose test results must be documented within a diabetes log book or uploaded into an approved computer programme.**
- **Finger-prick lancets must be changed frequently and disposed of in an approved sharps container.**