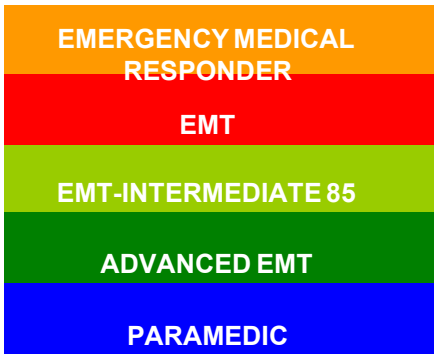
Approved 9/2/26, Effective 1/15/27, replaces all prior versions

6C – GLUCOMETRY (BLOOD GLUCOSE DETERMINATION) ADULT & PEDIATRIC



Indications:

1. Suspected stroke (as part of Los Angeles Prehospital Stroke Screen)
2. Altered mental status – unclear etiology
3. Seizure
4. Known or suspected diabetes

Contraindications: None

Technique:

1. Calibrate the meter per manufacturer instructions.

2. Use only manufacturer approved test strips.
    a. Run a control test every time a new box of test strips is used.
    b. Store unused test strips in original container and do not use **EXPIRED** test strips.
    c. Do not apply blood to the test strip before inserting the test strip into the meter. If the meter displays a result before applying blood **DO NOT** use that result.
    d. Do not reuse test strips. Once blood is applied to test strip discard it.
    e. If another glucometry reading is required, use a new test strip.
    f. Do not expose strips to heat outside the recommended range, moisture, or humidity.

Determining Blood Glucose:

1. Using universal precautions, power on the meter.
2. Insert a test strip into the meter per manufacturer instructions.
3. Position hand palm-side up; choose whichever finger is least calloused.
4. Apply intermittent pressure to the finger to help the blood to flow.
5. Clean the fingertip with alcohol. Start in the middle and work outward to prevent contaminating the area. Allow area to dry.
6. Hold the finger and firmly place a new, sterile lancet **off-center** on the fingertip and firmly press the lancet to puncture the fingertip.
7. Wipe away the first drop of blood with a sterile gauze pad, then apply blood to test strip.
8. Properly dispose of all contaminated supplies.