



CAPT_GLU_0500 Blood Glucose Collection For Glucose Meter

Identifier:	CAPT_GLU_0500	Version #:	1.4
Folder:	POCT W.BLOOD	Type:	Procedure (2yr)
Subfolder:	GLUCOSE METER	Effective on:	2023-03-12

BLOOD GLUCOSE COLLECTION FOR GLUCOMETER

CAPT_GLU_0500

ALERT

Failure to follow manufacturer guidelines pertaining to glucose meter use may cause inaccurate results.

Do not milk finger or wick blood onto the reagent strips as this may cause inaccurate results.

Failure to recognize inaccurate results can lead to errors in management and death.

1. Introduce yourself to the patient.
2. Perform hand hygiene. Instruct patient to perform hand hygiene with soap and warm water.
 - a. Personnel wash their hands prior to and after contact with each patient and after removing gloves.
 - b. Personnel wash their hands after contact or potential contact with blood, body fluids or other contaminated material.
 - c. Gloves are worn during routine collection of blood samples and are changed between patients.
 - d. Gloves are worn when there is the potential for exposure to blood or body fluids and removed prior to handling non-contaminated items.
3. Verify the correct patient using two identifiers.
4. Assess the patient’s understanding of the procedure and its purpose. Explain the procedure to the patient and ensure that they agree to treatment.
 - a. Determine whether conditions (e.g., fasting after meals, after certain medications, or before insulin doses) must be met before or after sample collection.
 - b. Determine if any risks exist for performing capillary puncture (e.g., low platelet count, anticoagulant therapy, bleeding disorders).
5. Assess the integrity of the skin being used as the puncture site.
 - a. Inspect fingers
 - b. Avoid areas of bruising and open lesions.

Written by:	Ron Garbuio	Approved by (sign.):	
Reviewed by:	Ron Garbuio	Approved by (name):	Cheng-Han Lee
Reviewed on:	2019-04-01	Approved on:	2019-04-01
Renewed by:	Ronny Garbuio	Revision Date:	2025-03-12
Renewed on:	2023-03-12		

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6. Review the practitioner's order for the time or frequency of measurements.
7. Remove gloves, wash hands again and don clean gloves.
8. Check the expiration date on the reagent strip container. Remove a reagent strip from the container and then tightly seal the cap.
9. Turn the glucose meter on.
10. Choose the puncture site.
 - a. Ensure that the puncture site is vascular.
 - b. For an adult, select the lateral side of the finger; avoid the central tip of the finger, which has a denser nerve supply
11. Hold the finger being punctured in a dependent position.
12. Clean the site with an antiseptic swab and allow it to dry completely.
13. Obtain a blood sample.
 - a. Using a single-use, auto-disabling lancet device with an automatic blade retraction system, place the bloodletting device firmly against the side of fingertip or other selected site and push the release button, causing the needle to pierce the skin.
14. Wipe away the first droplet of blood with a cotton ball or gauze as indicated.
15. Gently squeeze the finger without touching the site until a sufficient droplet of blood has formed. Re-puncture at a new site if the drop is not large enough to ensure accurate test results.
16. Apply the blood sample to the reagent strip according per the manufacturer's directions. Requires inserting the reagent strip into the meter before applying the blood sample.
17. After 6 seconds, obtain the test results.
18. **If the glucose meter displays "low" or "high" instead of a numeric result, repeat testing. If the meter again displays "low" or "high," notify the practitioner immediately. Abnormal values must be evaluated immediately and appropriate treatment initiated per the organization's practice.**
19. Provide absorbent gauze or apply an adhesive bandage if needed to control bleeding at the puncture site or if the patient desires.
20. Clean and disinfect the meter per the manufacturer's instructions.
21. Assess, treat, and reassess pain.
22. Discard supplies, remove gloves, and perform hand hygiene.
23. Document the procedure in the patient's record.

REFERENCE

- Elsevier Clinical Skills. http://point-of-care.elsevierperformancemanager.com/#/skills/430/quick-sheet?skillId=GN_43_12

- Adapted from Perry, A.G., Potter, P.A., Ostendorf, W.R. (Eds.). (2018). *Clinical nursing skills & techniques* (9th ed.). St. Louis: Elsevier.
- Clinical Review: Kathleen M. Stacy, PhD, RN, APRN-CNS, CCNS Published: November 2018