



Blood Glucose Monitoring

EMT-Basic

Advanced EMT

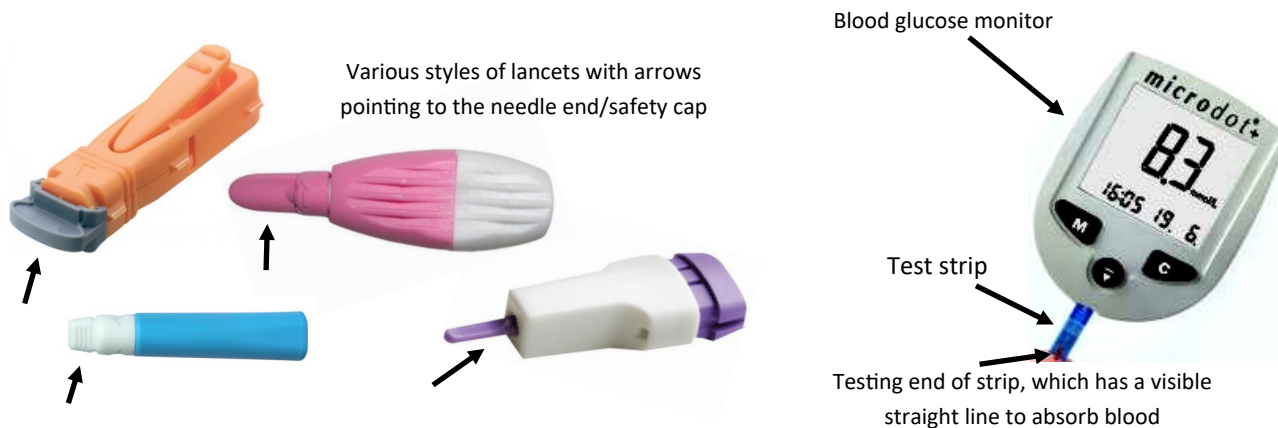
Paramedic

PROCEDURE

NEW

- Prepare all necessary equipment before starting procedure: monitor, test strip, alcohol swab, lancet, bandage
- Determine site for capillary blood access, generally the tip of a finger
 - Ensure site is warm prior to obtaining blood
 - Alternate sites include toes, upper arm, forearm, thigh, calf
- Apply alcohol swab to intended site and thoroughly clean the area - use multiple swabs if necessary
- Remove safety cap from lancet, being sure to keep fingers away from needle end
- Place lancet flush against patient skin and activate needle, either by pressing against skin or by activating button
- Immediately dispose of lancet in sharps container
- Insert test strip into glucose monitor, ensuring that end to receive blood is facing away from monitor and towards patient
- Watch for screen to indicate readiness to accept blood, typically an icon representing a blood drop
- Massage skin surrounding site to produce a small drop of blood
- Place end of test strip directly on drop of blood to be absorbed - monitor will beep when enough blood has been collected
- Apply bandage to patient's skin
- Observe and document patient's blood glucose level

REFERENCE GRAPHICS



KEY POINTS

- Normal blood glucose levels are between 60 and 120 mg/dl in adults and at least 40 mg/dl in infants
- Variations of normal may occur due to medical history, medications taken, and last oral intake
- Use provider judgment to determine threshold requiring treatment, generally being defined as a patient who is exhibiting symptoms consistent with an abnormal blood glucose level

Medical Director: Ben Weston, MD, MPH

Revision Date: April 2023