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## Contour next blood glucose meter battery

Say: blud gloo-kose me-tour blood glucose meter is a small portable machine used to check how much glucose (a type of sugar) in the blood (also known as blood glucose levels). People with diabetes often use blood glucose meters to find out how they do it. Diabetes treatment should be designed for each individual patient. Some patients may need to test (monitor) blood glucose more often than others. How often you use your glucose meter should be based on your healthcare provider's recommendations. Self-monitoring of blood glucose (SMBG) is recommended for all diabetics, but especially for those who take insulin. Learn to Use Your Glucose Meter Not all glucose meters work the same way. Since you need to know how to use your glucose meter and interpret the results, you should get training from a diabetes educator. Educators should watch you test your glucose to make sure you can use your meter correctly. This training is better if it is part of the overall diabetes education program. Instructions for Use of Glucose Meter The following are general instructions for using glucose meter: Wash hands with soap and warm water and dry them completely or clean the area with alcohol and dry them completely. Prick your fingertips with a spear. Hold your hands down and hold your fingers until a small drop of blood appears; catch the blood with the test strip. Follow the instructions to enter the test strip and use the SMBG meter. Write down the test results. The FDA requires glucose meters and strips used with them to have instructions for use. You should carefully read the instructions for the meter and its test strip. The meter instructions are found in the user manual. Save this manual to help you resolve any issues that may arise. Many meters use an error code when there is a problem with the meter, test strip, or blood sample on the strip. You will need a manual to interpret this error code and fix the problem. You can get information about your meter and test strips from several different sources. Your user manual should include a toll-free number if you have any questions or problems. If you have a problem and can't get a response from this number, contact your healthcare provider or your local emergency room for advice. Also, your meter manufacturer should have a website. Check this website regularly to see if it lists issues with your meter functionality. Important Features of Glucose Meter There are several features of glucose meters that you need to understand so that you can use your meter and understand the results. These features are often different for different meters. You must understand the features of your meter Measurement Range: Most glucose meters can read glucose levels in a variety of values from as low as 0 to as high as 600 mg/dL. Since the range differs between meters, carefully interpret very high or low values. Glucose readings are not linear above the entire range. If you get a very high or low reading from your meter, you must first confirm it with another reading. You should also consider checking your meter calibration. Whole Blood Glucose vs. Plasma Glucose: Glucose levels in plasma (one of the blood components) are generally 10-15% higher than the measurement of glucose in the entire blood (and even more after meals). This is important because home blood glucose meters measure glucose in whole blood while most laboratory tests measure glucose in plasma. There are many meters on the market now that give results as plasma equivalents. This allows patients to easily compare their glucose measurements in laboratory tests and at home. Remember, this is just the way measurement is presented to you. All portable blood glucose meters measure the amount of glucose in whole blood. The meter that provides plasma equivalent readings has a built-in algorithm that translates all blood measurements to make it look like the results will be obtained on a plasma sample. It is important for you and your healthcare provider to know if your meter gives results as the equivalent of whole blood or plasma equivalent. Cleaning: Several meters need regular cleaning to be accurate. Clean your meter with soap and water, using only a soft, muted cloth to avoid damage to sensitive parts. Do not use alcohol (unless recommended in the instructions), cleaners with ammonia, glass cleaners, or abrasive cleaners. Some meters do not require regular cleaning but contain electronic warnings indicating when you should clean them. Other meters can only be cleaned by the manufacturer. High and Low Glucose Value Display: Part of learning how to operate a meter is understanding what meter results mean. Make sure you know how high and low glucose concentrations are displayed in your meter. Factors Affecting Glucose Meter Performance The accuracy of your test results depends in part on the quality of your meter and your test and training strips. Other factors can also make a difference in the accuracy of your results. Hematocrit: Hematocrit is the number of red blood cells in the blood. Patients with higher hematocrit scores will typically test lower for blood glucose than patients with normal hematocrit. Patients with lower hematocrit scores will test higher. If you know that you have abnormal hematocrit values, you should discuss their possible effects on glucose testing (and HbA1C testing) with your healthcare provider. Anemia and Sickle Cell Anemia are two conditions that affect hematocrit values. Other Substances: Many other substances can interfere with your testing process. These include uric acid (a natural substance in the body that can be more concentrated on some with diabetes), glutathione (an anti-oxidant also called GSH), and ascorbic acid (vitamin C). You should check the package inserts for each meter to find out what substances might affect the accuracy of their testing, and discuss discussing with your healthcare provider. Altitude, Temperature and Humidity: Altitude, room temperature and humidity can cause unpredictable effects on glucose yields. Check the meter package inserts and test strips for information on this issue. Store and handle the meter and test strip according to the instructions. Third-Party Test Strips: Third-party or generic glucose reagent strips are test strips developed as a cheaper option than strips that meter manufacturers intended for use. They are usually developed by copying the original strips. Although these strips can work on the meter listed on the package, they can look like strips used for other meters. Make sure the test strip you're using is compatible with your glucose meter. Sometimes manufacturers change their meters and strip their tests. These changes are not always communicated to third-party strip manufacturers. This can make third-party strips incompatible with your meter without your knowledge. Differences can involve the amount, type or concentration of chemicals (called reagents) on the test strip, or the actual size and shape of the strip itself. Meters are sensitive to these test strip features and may not function properly or consistently if not correct for one meter. If you are unsure whether a particular test strip will work with your meter or not, contact your glucose meter manufacturer. Ensuring Your Meter Works Properly you should perform quality control checks to ensure that your home glucose testing is accurate and reliable. Some things can reduce the accuracy of your meter readings even if it seems to still work. For example, the meter may have been dropped or its electrical components may have worn out. Humidity or heat can damage the test strip. It may even be that your testing techniques may change slightly. Quality control checks should be carried out regularly in accordance with the instructions of the meter manufacturer. There are two types of quality control checks: Check Using Test Quality Control Solutions or Electronic Controls: Test quality control solutions and electronic controls are both used to check the operation of your meter. Test quality control solutions check the accuracy of meter and test strips. They can also give an indication of how well you are using your system. Electronic control simply checks that the meter is functioning properly. The test quality control solution has a known glucose value. Basically, when you run a quality control test, you replace the test solution for the blood. The difference is you know what the result should be. To test your meter with a quality control solution, follow the instructions that accompany the solution. This will guide you to place a number of solutions on your test strip and run them through your meter. The meter will give you amount of glucose in the sample. Compare this number with the number listed on the test quality control solution. Testing. test results match the value given in the labeling of quality control solutions, you can be sure the whole system (meters and test strips) are functioning properly. If the results are incorrect, the system may not be accurate - contact the manufacturer for advice. Manufacturers sometimes include quality control solutions with their meter. However, most often you should order it separately from the manufacturer or pharmacy. Some glucose meters also use electronic controls to ensure the meter is functioning properly. With this method, you place a cartridge or special control test strip in the meter and a signal will appear to indicate if the meter is working. Take your Meter to the Health Care Provider's Office: This way you can test your glucose while your healthcare provider watches your technique to make sure you're using the meter correctly. Your healthcare provider will also take a blood sample and evaluate it using routine laboratory methods. If the value obtained on the glucose meter matches the laboratory method, you and your health care provider will see that your meter is working well and that you are using a good technique. If the results do not match the results of laboratory methods, then the results you get from your meter may not be accurate and you should discuss the issue with your healthcare provider and contact the manufacturer if necessary. How the FDA Regulates THE FDA Glucose Meter reviews all glucose meters and test strips before it can be marketed to the public. The FDA's premarket review process requires meter manufacturers to demonstrate that meter systems provide acceptable glucose measurement accuracy and consistency at high, medium and low glucose levels compared to glucose meters already sold. The quality of the software is an increasingly important feature of glucose meters because it controls the testing and storage of data and controls the views that users see and use during testing. The FDA is also considering possible disorders of over-the-counter drugs, prescription drugs, and vitamin supplements. The FDA also requested data showing how well the meter performs during actual use (a type of human factor study). This study ensures that users understand labeling, achieve good results, and avoid experiencing problems that may affect their health. FDA quality system regulations require manufacturers who make glucose meters to follow the same quality standards at all times. In this way, users can be sure that the new meter and strip perform as well as the old model. The FDA's responsibility to medical devices does not end when the device enters the market. To monitor product quality, the FDA routinely inspects manufacturing facilities. It also receives information from manufacturers, health providers and the general public through the MedWatch system. Reporting Problems with Glucose Meters The FDA learned about the problem with medical products through the MedWatch program. Consumers can be problems with medical devices, including glucose meters, through MedWatch. For general information about the MedWatch program and instructions for reporting problems with medical devices, use the following link: MedWatch: Source FDA Safety Information and Adverse Event Reporting Program ( : IMAGE PROVIDED BY: REFERENCE: Medical review by Robert Bargar, MD, Board Certification in Public Health & General Preventive Medicine August 18, 2017 Indian Journal of Endocrinology and Metabolism, vol. 16, 2012: Capillary Blood Glucose Monitoring Variability Measured on Home Glucose Monitoring Devices. Some of the above information has been granted permission from the Food and Drug Administration. Administration.

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