

BLOOD GLUCOSE FINGER STICKS

BASIC EMT / ADVANCED EMT / PARAMEDIC

Clinical Statement: If hypoglycemia is suspected, the patient presents with an altered mental status, or the cause of unresponsiveness is unknown, it is important to establish a baseline blood glucose level.

Procedure:

1. Prepare the blood glucose meter, including a test strip and a lancet.
2. Cleanse the skin with an alcohol preparation.
3. Allow the skin to dry before performing the finger stick.
4. Use the lancet to perform a finger stick. Wipe away the first drop of blood with 4x4.
5. Squeeze the finger, if necessary, to get a second drop of blood.
6. Apply the blood to the test strip. You may do this by holding the strip to the finger to draw the blood into the strip.
7. Read the blood glucose level displayed on the glucometer.
8. Assess the puncture site and apply direct pressure or a bandage to the site if bleeding continues.