



Government of the Republic of Trinidad and Tobago
Ministry of Health

Fasting (FBS)
65-95 mg/dl
(3.6 - 5.3 mmol/L)

1 hour after meal <140 mg/dl
(7.8 mmol/L)

2 hours after meal <120 mg/dl
(6.7 mmol/L)



This brochure was produced using the most up to date information at the time of production by the Directorate of Women's Health of the Ministry of Health, Trinidad and Tobago.

The information contained in this document is intended solely as a guide for general information only.

Please consult with your healthcare provider for specific advice based on your own health assessment.

Additional resources are available via the Ministry of Health's Website:

<https://health.gov.tt/services/womenshealth> and [Findcarett.com](https://findcarett.com)

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Taking care of your device

To avoid destruction of your device do not:

- Allow liquid to enter any openings of your meter.
- Spray a cleaning solution directly onto the device.
- Immerse the meter in liquid.

It is also important to keep your glucose meter free from dust. To clean your glucose meter:

- Make sure the meter is turned off before cleaning
- Gently wipe the surface of the meter with a cloth that is slightly damp from one of the following cleaning solutions:
 - 70% isopropyl alcohol.
 - Mild dishwashing liquid mixed with water.
 - 10% household bleach solution (1-part bleach + 9 parts water) made the same day.
- Squeeze out any excess water from the cloth before cleaning your device.

**THE DIRECTORATE OF
WOMEN'S HEALTH**



How to Use Your Glucose Monitor

FAQs

Pregnancy Series

What is a glucose monitor?

A blood glucose monitor or glucose meter, is a device that is used to check the levels of glucose (or 'sugar') in your blood. The device has a digital display to show the results of the test and a place to insert the test strip.

How to use your glucose monitor?

Wash your hands thoroughly with soap and warm water before sticking your finger. Be sure to dry your hands well.

Check the "use by" date on your test strip canister. Do not use expired strips. Remove one strip and insert the metallic end of the test strip into the meter. The meter will turn on.

A flashing drop symbol would appear on your screen. Use your lancing device to perform a finger stick.

What does the target range indicator mean?

Your test results appear with an arrow. This arrow shows if your test result falls above, within or below the target range.

**The target range is set by default at 3.9–8.9 mmol/L. To change the target range, pair the meter to a mobile device, or connect it to a PC with diabetes management software installed. Consult your healthcare professional before changing the target range.*

Why should I monitor my blood sugar levels?

Monitoring your blood sugar allows you to:

- Identify blood sugar levels that are high or low.
- Track your progress in reaching your treatment goals.
- Learn how your diet may affect your blood sugar levels.
- Reduce complications to you and your baby.

What is a test strip?

A test strip is used to get your blood sugar measurements. It is inserted in the monitor and a drop of blood is placed on the strip to get an accurate measurement.



The finger stick will cause a harmless cut that will produce blood. The side of the fingertip is usually more comfortable to test. Gently squeeze your finger to assist with blood flow and touch the yellow edge of the test strip to the blood drop.

Remove your finger from the test strip when the flashing hourglass symbol appears. If you don't remove your finger, it may cause an inaccurate test result.

Your glucose monitor is a personal device and should not be loaned to others during the course of your pregnancy.



- **Blue**
 - Test result is above the target range.
- **Green**
 - Test result is within the target range
- **Red**
 - Test result is below the target range.

Should I record my results?

Speak with your healthcare provider on how often you should test your blood sugar levels and record your results. Be sure to note the following:

- Date.
- Time.
- Test Result.
- Medication and dose (if applicable).
- Food intake.