



Tips for Blood Sugar Testing With Children

Regular blood testing is key for managing juvenile diabetes. Here are tips and techniques for making it an easier process for your child.

Choosing the Right Lancing Device

- **Comfort:** Look for a lancing device with adjustable depth settings to minimize discomfort.
- **Ease of Use:** A user-friendly device can help your child feel more confident and independent.
- **Safety Features:** Opt for a device with a safety mechanism to prevent accidental needle sticks.

Proper Lancing Technique

- 1 **Warm the Finger:** Warm the fingertip by gently rubbing it to increase blood flow.
- 2 **Clean the Finger:** Use an alcohol swab to clean the fingertip before inserting the lancet.
- 3 **Choose the Right Lancing Depth:** Start with the lowest depth setting and gradually increase it if needed.
- 4 **Quick Prick:** Puncture the side of the fingertip, avoiding the center.
- 5 **First Drop of Blood:** Discard the first drop of blood as it may contain tissue fluid.
- 6 **Apply Gentle Pressure:** Gently squeeze the finger to encourage blood flow.



Continuous Glucose Monitoring (CGM)

- **Reduced Fingersticks:** CGM systems can significantly reduce the number of fingersticks required.
- **Real-Time Monitoring:** CGMs provide continuous glucose readings, allowing you to monitor trends and make timely adjustments.
- **Alert System:** Many CGM systems have alarms to alert you to high or low blood sugar levels.

Additional Tips

- **Positive Reinforcement:** Reward your child for their cooperation and bravery during blood sugar testing.
- **Practice Makes Perfect:** Encourage your child to practice using the lancing device and glucose meter under your supervision.
- **Consult with a Healthcare Professional:** Consult with your child's healthcare provider for personalized advice on blood sugar testing techniques and frequency.

By following these tips and working closely with your healthcare team, you can help your child manage their diabetes effectively and live a healthy, fulfilling life.



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At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

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Website: www.advanceddiabetessupply.com

Patient Support: 1-866-422-4866

Email: customer care@northcoastmed.com



US MED

Website: www.usmed.com

Patient Support: 1-877-840-8218

Email: customerservice@usmed.com