

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

測量血糖之護理指導

Sir/Lady:

Nursing instructions for blood sugar measurement

I. Purpose: To understand and monitor blood glucose levels and changes to help the doctor effectively control your blood sugar.

II. When to measure blood sugar:

- (1) Measure blood sugar as needed based on the patient's condition and the doctor's evaluation.
- (2) If four times a day: 06:30–07:00, 10:30–11:00, 16:30–17:00, 21:30–22:00.
- (3) If twice a day: 06:30–07:00, 16:30–17:00.
- (4) If once a day: 06:30–07:00.

III. Precautions:

- (1) Normal fasting blood glucose is 70–110 mg/dl. Post-meal blood glucose: Normally <140 mg/dl.
- (2) Avoid eating (e.g., sugary drinks, snacks, fruits) 2 hours before the measurement of blood sugar, except water to avoid influences to the data. However, if you are experiencing hypoglycemia, this rule does not apply.
- (3) Before measurement, gently shake your hands to promote blood flow to the fingertips and reduce discomfort from squeezing the blood drop.
- (4) After completing the blood glucose test, apply pressure with a cotton ball or cotton pad provided by the nurse to stop any bleeding.
- (5) If you need to an insulin injection, please inform the nurse 30 minutes before your meal. The nurse will administer an appropriate amount of insulin according to the doctor's order, and it is important to eat after the injection.
- (6) Please follow the diabetic dietary principles as advised by the nutritionist and nurse.
- (7) If you have any questions, please consult a nutritionist or nurse.

If you are still unclear about something or have any questions, please contact the nursing station in the ward