

SMBG Technique Recommendations

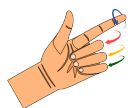


Blood Glucose Monitoring Expert Group

1. Proper Technique Supports Accurate & Safe Monitoring

~30% of individuals perform SMBG incorrectly¹

Do's



Rotate finger-prick sites to avoid calluses.



Wash hands with soap and dry thoroughly before testing.



Check the expiry date on test strips.



Store glucometer and strips in a cool, dry place.

Dont's



Squeeze the finger excessively, it may dilute the blood sample.



Reuse lancets - this increases infection risk.



Test on unclean or wet hands.



Ignore meter error messages or calibration prompts.

2. Step-by-Step SMBG

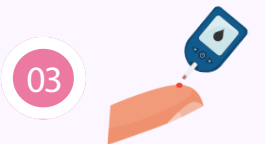
Effective SMBG includes testing, recording, interpretation, and data sharing.



Wash hands with soap and water and dry thoroughly.



Lance the side of the fingertip using a sterile lancet.



Touch the test strip tip to the blood drop without squeezing.



Wait for the glucometer to display the reading.



Record the reading, time, and any relevant notes (e.g, meals or symptoms).



Safely dispose of used test strips and lancets in a sharp's container or sealed

Access the full manuscript here:



FITTER BiG is sponsored by embecta

Chan SP et al. Diabetes Ther. 2026. doi:10.1007/s13300-026-01867-3

1. Le Floch JP, Bauduceau B, Lévy M, Mosnier-Pudar H, Sachon C, Kakou B. Self-monitoring of blood glucose, cutaneous finger injury, and sensory loss in diabetic patients. Diabetes Care. 2008;31(10):e73. doi:10.2337/dc08-1174.

SMBG: Self-Monitoring of Blood Glucose

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