

# Practice Safe Blood Glucose Monitoring

Exposure to bloodborne pathogens can occur during blood glucose monitoring (BGM) if **unsafe** practices are used. Make sure you protect yourself and your residents every time you perform blood glucose monitoring.



Always wash hands and use new gloves when conducting BGM and between each person tested.

When assisting residents with BGM, use a single-use lancet to prick the skin. Restrict use of penlet devices to individuals who do not require assistance with BGM. **NEVER** share fingerstick devices between persons.



When possible, assign blood glucose monitors to an individual person. Do not share. If sharing is necessary, clean and disinfect the monitor after every use.

Dispose of used lancets in an approved sharps container.

