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糖尿病照護-測量血糖

Take care of patients with diabetes – blood sugar measurement

一、原則及注意事項:

1. 遵守血糖機廠商建議的使用原則。
2. 注意試紙使用期限，開封後應於2個月內用完。
3. 每次測量結果都應記錄下來。
4. 血糖測量次數依醫護人員指示。
5. 身體不舒服時，如：疲倦、心悸、冒冷汗、發抖、嘔吐、食慾不好時，除要告知醫護人員外，並應立即檢查血糖。
6. 正常血糖值是80-120mg/dl（禁食8小時以上）。

一、 Principles and considerations:


1. Follow the usage principles suggested by the company of blood glucose meter.
2. Give attention to the period of use of the strips. It should be run out in 2 months after opening.
3. Record every data of measurement.
4. The frequency of blood sugar measurement should follow the instructions of the medical care personnel.
5. When uncomfortable, like fatigue, palpitation, shivering, vomiting, and poor appetite, the caregiver should check the blood sugar and talk to the medical care personnel.
6. The normal value of blood sugar is 80-120mg/dl. (fasting over 8 hours)

二、測量血糖方法：

1. 先輕輕柔捏欲針刺之指尖。
2. 以酒精消毒指尖。
3. 使用後的針應放入堅固的收集盒。
4. 依照廠商提供使用方式執行，讀取血糖值。
5. 輕刺指尖後，擠出一滴足量之血滴於試紙上。

二、 The method of blood sugar measurement:

1. First, soft squeeze the finger tip going to be pricked.
2. Use alcohol to disinfect the finger tip.
3. Prickle the finger tip lightly, and squeeze a drip of blood on the strip.
4. Follow the instruction suggested by the company of blood glucose meter and get the value of blood sugar.

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5. The needle have been used should be gathered in the hard box.

三、使用胰島素的方法:

1. 胰島素注射部位必須依照指示輪流注射。避免注射紅、腫、癢的部位。
2. 若有發抖、冒冷汗、心跳加快、無力、頭暈、嘴唇麻等症狀，應立即通知家屬及醫護人員；並依指示意識清醒者，立即喝半杯果汁或糖果，若意識不清醒或昏迷需送醫院。
3. 未開封之胰島素，可置冰箱下層，攝氏 2~8℃ 冷藏，依瓶上有效日期保存，避免結凍。
4. 平日使用之胰島素，放在室溫陰涼處，避免陽光直接照射，可保存一個月。
5. 藥勿放在兒童觸手可及之處。外出旅遊時，放在皮包內，避免日曬即可。
6. 將針頭用針頭套子蓋好，並確定注射筒和針頭丟棄在硬的塑膠容器內，避免刺傷別人，及被人撿去重用。

三、 The use method of insulin:

1. The site where the insulin injected should be in turn and avoid where be red, swollen, and itchy.
2. If the patient had symptoms of shivering, cold sweats, rapid heartbeat, weakness, dizziness or lip numbness, the caregiver should notice the family and the medical care personnel instantly. The patient with clear conscious should drink a half cup of juice or have a candy in mouth instantly; the patient who is not clear or unconscious should send to the hospital immediately.
3. The unopened insulin should be conserved in the refrigerator (about 2~8°C), comply with the effective date on the bottle, and avoid being frozen.
4. The daily used insulin should be conserved in the shaded place at room temperature, avoid direct sunlight exposure. It can be conserved for 1 month in this condition.
5. The insulin should be placed where the children could not reach. When traveling, putting the insulin in the bag and avoiding sunlight exposure.
6. The needle should be covered by the cover. Ensuring the syringe and the needle were discarded in a hard plastic box. This can avoid stabbing others or re-using by other people.

以上資料來源自台灣長期照護專業協會，

若您對以上內容有任何疑問時，請洽詢護理人員。