



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

血液葡萄糖/血糖监测

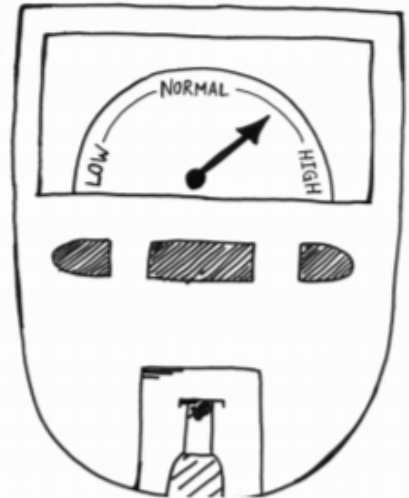
Blood Glucose/Sugar Monitoring (Chinese)

什么是血糖仪，我需要血糖仪吗？

What is a glucose meter and do I need one?

血糖仪是一种以电池供电的小型仪器。用血糖仪测量血糖，您的血糖水平随后显示在小屏幕上。有多种血糖仪可供选择。

A glucose meter is a small battery powered machine. Meters measure your blood sugar and your blood glucose level is then shown on a small screen. There are a variety of meters to choose from.



如何选择血糖仪？ How do I select a meter?

请与您的保险联系，以了解您的保险计划涵盖哪些血糖仪。一些保险公司可能会要求您从特定的供应商那里获得血糖仪和耗材，而其他保险公司可能会给您一定金额来支付这些费用。大多数保险计划和联邦医疗保险会至少部分支付血糖仪和试纸的费用。如果您遇到困难，请寻求帮助。

Check with your insurance to see which meters are covered by your plan. Some insurance companies may have you get your meter and supplies from a certain supplier and others may give you a set amount to cover the expenses. Most insurance plans and Medicare will cover at least part of the cost of the meter and strips. If you are having trouble, ask for help.

您的医生、糖尿病教育者、其他护士和您的药剂师可与您讨论可用的血糖仪。许多药房都有血糖仪展示，因此您可以看看以比较功能。

Your doctor, diabetes educator, other nurses and your pharmacist can talk with you about the meters available. Many pharmacies have the meters on display so you can see them to compare features.

《糖尿病预测》杂志每年秋季都会有一期回顾，将市面上用于糖尿病管理的不同产品进行对比，包括血糖仪、采血针和采血设备。

Diabetes Forecast magazine has an issue each fall that reviews the different products available for diabetes management, including meters, lancets, and lancing devices.

要多少钱？ How much will it cost?

试纸的价格每片 75 美分到超过 1 美元不等，这将是一项持续性的费用。确保所购买的试纸与您的血糖仪配套，因为不是所有的试纸都相同。

Strips may cost 75 cents to over \$1 each and this is going to be an ongoing cost. Be sure the strips you buy are for your meter because they are not all the same.

我需要哪些用品？ What supplies do I need?

- 葡萄糖试纸
- 采血针
- 血糖仪
- 采血装置

- Glucose test strips
- Lancets
- Glucose meter
- Lancing device

什么是采血针？ What are lancets?

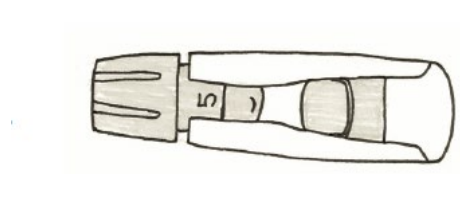
采血针是用来刺入皮肤以获得血滴进行测试的针头。

The lancets are the needles used to stick your skin to get the drop of blood for testing.



什么是采血装置？ What is a lancing device?

采血装置器用于固定采血针并让您控制扎针，以减轻疼痛并防止皮肤损伤。大多数采血装置都允许您调整针刺的深度。



A lancing device holds the lancet and gives you a controlled stick to reduce pain and prevent skin damage. Most devices let you adjust the depth of the poke.

试纸会过期吗？ Do test strips expire?

会的，每瓶都标明有效日期。切勿使用过期的试纸。有关详细信息，请查看产品说明书。

Yes, each bottle will have an expiration date. Never use strips if the date has expired. Check product insert for details.

如何存放试纸？ How do I store my test strips?

确保葡萄糖试纸瓶盖与瓶身紧密贴合。日光和潮湿会损坏试纸。储存于室温以及干燥的地方。

Make sure the cap fits snugly on the glucose strip bottle. Sunlight and moisture can damage the strips. Store at room temperature in a dry place.

什么是编码？ What is coding?

有些血糖仪需要“编码”。如果需要，您可以在每瓶新试纸上找到代码。

Some meters require “coding”. If so, you will find the code with each new bottle of test strips.

什么是质控液？ What is control solution?

这是一种特殊的液体，用于测试您的血糖仪是否正常工作。液体与试纸中的化学物质发生反应以给出读数。您的试纸瓶或盒子里的纸上会标记出一个范围值。如果读数落在该范围内，则仪器运作正常。质控液通常在开封后几个月过期。

This is a special liquid to test if your meter is working properly. The liquid reacts with the chemicals in the strip to give a reading. Your test strips will have a range marked on the bottle or on a paper in the box. If the reading falls in the range, the machine is working correctly. The control solution often expires several months after it has been opened.

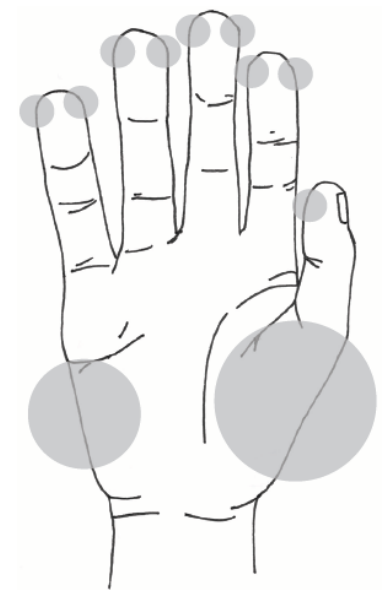
我可以从哪个部位采血？

Where can I get a drop of blood?

您可以从以下部位采血：

You can get a drop of blood from:

- 手指/拇指和手掌的侧面。
- The side(s) of your fingers / thumbs and palm of your hand.
- 耳垂。
- Your earlobe.
- 前臂或腿顶部可以与备用部位仪一起使用，但当血糖变化迅速或您认为自己有低血糖（BG）时，不应使用这些部位。
- Forearms or top of legs can be used with alternate site meters, but should not be used when blood sugar is changing quickly or if you think you are having a low blood sugar (BG).
- 大多数人使用手指。
- Most people use their fingers.



葡萄糖检测可能会出现什么问题？

What problems might happen with glucose testing?

手指酸痛 Sore fingers

- 仅使用手指或拇指的两侧。
- Use only the sides of the fingers or thumbs.
- 始终使用采血装置。
- Always use a lancing device.

- 每次测试使用不同的手指或拇指。
- Use a different finger or thumb for each test.
- 将采血器轻轻放在手指侧面。
- Lightly place the lancing device against the side of your finger.
- 考虑备用部位进行检测。
- Consider alternate site testing.
- 调整采血装置的深度。
- Adjust the depth on the lancing device.

血滴量太少 Blood drop too small

- 摇晃您的手，把它放到低于心脏水平，然后再戳手指。
- Shake your hand and lower it below heart level before lancing your finger.
- 不要在采血装置的情况下使用采血针。
- Do not use lancets without a lancing device.
- 调整采血装置的深度。
- Adjust the depth on the lancing device.
- 测试前用温肥皂水洗手。
- Wash your hands with warm, soapy water before testing.
- 在使用采血器之前挤压/推压手指，直到它变成粉红色。
- Squeeze / milk your finger until it turns pink before using the lancing device.
- 使用采血器后挤压手指以获得更大的血滴。
- Squeeze your finger after using the lancing device to get a bigger drop of blood.

您手上涂有什么？ What is on your hands?

- 洗手液（如 Purell）或手上涂擦有其他东西会影响读数。在测血糖之前，请确保您的双手清洁干燥。
- Hand sanitizer (like Purell) or other things on your hands can affect the reading. Make sure your hands are clean and dry before checking your blood sugar.

我应该什么时候测试？ When should I test?

何时检查血糖取决于您的情况以及您服用什么控制糖尿病的药物。

When to check your blood sugar depends on your situation and what medicine you take to manage your diabetes.

您和您的医生将根据您的药物、日常生活和保险来找出检查血糖的最有用时间。

You and your doctor will figure out the most useful times to check your blood sugar depending on your medicine, daily life and insurance.

血糖目标因人而异，具体取决于许多因素，因此最好咨询您的医生以了解您个人的目标是什么。以下是美国糖尿病协会的目标范围：

Blood sugar goals vary from person to person depending on many things, so it's a good idea to check with your doctor to find out what your personal goal will be. Here are the target ranges from the American Diabetes Association:

空腹	餐前	餐后 2 小时
80-120 mg/dL	80-140 mg/dL	少于 180 mg/dL

Fasting	Before Meals	2 Hours after Meals
80-120 mg/dL	80-140 mg/dL	Less than 180 mg/dL

将血糖保持在这些范围内将帮助您达到并维持糖化血红蛋白低于 7%

Keeping your blood sugar in these ranges will help you reach and maintain an A1C less than 7%

空腹： 早上吃喝任何东西之前的第一件事。

*睡前和空腹血糖数字应几乎相同。

Fasting: First thing in the morning before you eat or drink anything.

*Bedtime and Fasting blood sugar numbers should be almost the same number.

餐前： 在进食之前，但距离您上次吃或喝任何东西（水除外）至少 3-4 小时后。

Before meals: Before you eat but at least 3-4 hours since you last ate or drank anything (other than water).

餐后 1-2 小时： 可以显示膳食如何影响您的血糖和/或您的药物效果如何。

1-2 hours after meals: This can show you how the meal affected your blood sugar and/or how well your medicine worked.

睡前： 睡觉之前。（如果晚上吃过零食，一定要写下来。）

Bedtime: Before going to sleep. (Be sure to write down if you snacked in the evening.)

凌晨 3 点 (或您的半夜)： 在半夜检查可以帮助您了解在睡觉时，您的药物或胰岛素是如何与身体一起工作的。

3 am (or your middle of the night): Checking in the middle of the night can help you see how your medicine or insulin is working with your body while you sleep.

任何时候您觉得不对劲： 排除是否可能是因为您的血糖引起的。

Anytime you don't feel "right": Rule out if it might be your blood sugar.

我该如何处理这些信息？ What do I do with this information？

我们从几小滴血中知道很多东西：

We learn a lot from a few small drops of blood:

- 不同的食物如何影响血糖
- How different foods affect your blood sugar
- 运动如何影响血糖
- How exercise affects your blood sugar
- 您的药物效果如何
- How your medicine is working for you
- 试想改变其中一项，来看看它是如何影响您的血糖的。
- Think of one thing to change and see how it affects your blood sugar.
- 成对测试：在一些事件（如进餐、零食、运动、药物和压力大的事件等）前后分别检查血糖，可以帮助您了解这些事情如何影响您的血糖。
- Testing in pairs: checking your blood sugar before and after things like meals, snacks, exercise, medicine, and stressful events can help you learn how those things affect your blood sugar.
- 您可能需要在下次就诊前一周更频繁地检查血糖，并写下结果以与您的医生或糖尿病教育者讨论。

- You may want to check your blood sugar more often about a week before your next clinic visit and write down your results to discuss with your doctor or diabetes educator.
- 利用您学到的知识制定计划并设定目标来帮助控制糖尿病。
- Use what you learn to make a plan and set goals to help manage your diabetes.

举例 1。餐前和餐后 2 小时，如午餐。

Example 1. Before and 2 hours after a meal such as lunch.

星期一：午餐吃芝士汉堡和薯条快餐：血糖之前是 126，之后 202。

Monday: Ate cheeseburger and fries fast food for lunch: BG before 126, after 202.

星期二：午餐吃了一个小三明治、沙拉和一个苹果：血糖之前是 132，之后 146。

Tuesday: Ate a small sandwich, salad and an apple for lunch: BG before 132, after 146.

我发现了什么？ 哇，我选择吃的东西真的会影响我的血糖。

What did I find? Wow, what I choose to eat really makes a difference in my blood sugar.

现在怎么办？ 我设定了一个新目标，每周至少在家吃 3 次午餐。

Now what? I set a new goal to eat lunch at home at least 3x per week.

举例 2。睡前和早上第一件事。

Example 2. Before bed and first thing in the morning.

星期一：整晚看电视：睡前血糖是 162 以及早上是 204。

Monday: Watched TV all evening: BG 162 before bed and 204 in the morning.

星期二：整晚看电视：睡前血糖是 127 以及早上是 166。

Tuesday: Watched TV all evening: BG 127 before bed and 166 in the morning.

我发现了什么： 我的血糖在一夜之间上升。

What did I find: My blood sugar rises overnight.

现在怎么办？ 打电话给我的医生，讨论我的药物治疗效果如何。

Now what? Call my doctor and discuss how my medication is working.

举例 3。运动如何影响我的血糖？

Example 3. How does exercise affect my blood sugar?

连续 3 天每天走了 30 分钟，并前后检查了我的血糖。

Went for a 30 minute walk 3 days in a row and checked my blood sugar before and after.

我发现了什么？走路后，我的血糖平均下降了 35 点。

What did I learn? My blood sugar goes down an average of 35 points after walking.

现在怎么办？我将尝试每周 3 天午餐后散步。

Now what? I'm going to try and take a walk 3 days a week after lunch.

戳您的手指并不好玩，所以要充分利用它！

Poking your fingers is not fun, so get the most out of it!

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