



Ketone and Glucose Monitoring with Abbott/Medisense Meters

Written for Matthews Friends by one of our Australian Mums, Rose. She is mum to the beautiful Eric (she is not kidding either – he is gorgeous!)

After speaking with Abbott/Medisense about capillary (finger prick testing) I have come up with some guidelines to follow as more & more Keto families are using this diagnostic tool for fine-tuning of Keto Diet.

PREPARATION:

- Wash your hands.
- Get your supplies:
 - Your meter
 - Test strips
 - Lancing device
 - Needle, often called a lancet(do this step roughly every 4 uses)

Open the lancing device and put a needle in. Take the cap off the needle. Do not touch the needle. Put the cover back on the device. Set the spring on the device so it is ready.

CALBRATION:

Note: If you are only using the meter for one type of testing i.e ketones only then you just have to calibrate in the manner described below once for each batch of strips you use.

If you are swapping between testing of glucose and ketones then each time you go from one type to the next you must perform calibration with the

chip for the best results. (I have gotten around this with having two meters one for ketones & the other for glucose)

Get calibration chip for the box of strips you are using and insert into meter. This will turn the meter on.

- Match the code on your meter screen with the code for your test strips.
- The code is printed on the test strip package.

NOTE: You can do further calibration testing with Control HI & Lo solutions once a month or as needed to ensure greater accuracy and I will describe this later.

BLOOD TESTING:

- Pick up the lancing device and put it against the side of one a finger (or toe).
- Push the button on the device to release the needle. Set the device down.
- Get the first drop of blood. (do not squeeze to get more blood after initial drop as the sample may get contaminated with skin fluid and be less accurate). If more blood is need for subsequent testing then another prick may be required.
- Based on the type of test strip you use touch the end of the test strip to the drop of blood or Put the blood drop on the test area of the strip.
- Be sure that the test area on the strip fills completely with blood.
- The meter will time the test and then level number will show on the screen.
- Write this figure down in your log book/diary.

Cleaning Up the Supplies:

- Remove the test strip and throw it away and every 4 tests throw the needle into a puncture proof container and dispose of
- Put your supplies away.
- Wash your hands again with water and soap.

Further Important Information:

This meter is not designed for use with serum, plasma, arterial, or neonatal whole blood samples. So you will get a different reading if you drop some blood from pathology blood tests on meter.

Quality Control Calibration Solution testing:

Use a MediSense® Control Solution to do a quality control check:

- To verify the performance of your sensor and electrodes,

- When you question your results, or
- With each new electrode LOT number.

This is like doing a blood test but instead of blood you use the hi solution & then the low solution (available from Abbott/Medisense) to test the expected range results for that batch of electrodes (printed on packet leaflet)

Control results must be within the “Expected Results for use with MediSense Control Solutions” printed on these electrode leaflets and available . *If the control result falls within the range it means that your meter and electrodes are working correctly. If not contact Abbott/Medisense and they will replace monitors & electrodes free of charge.*

I called Abbott/Medisense Australia and they sent me some calibration control solution free of charge and then talked me through the procedure which was very helpful. They determined that either my machine or electrodes were out and so they sent me replacements to swap over. You must call the customer service number in your country of purchase to register your monitor and then they will give you all the assistance you require. I think these machines all have life time guarantees.

Abbott/Medisense

Australia: 1800 801 478

New Zeland: 0800 106 100

UK: 0500 467 466

USA: 1-888-522-5226