



如何使用血糖仪检测血糖

在本视频中，我们将展示如何使用血糖仪检测血糖。血糖又称为血液葡萄糖。

首次使用血糖仪之前，需要对其进行设置。为此，需要先接受 70-180 mg/dL 的血糖目标范围，并设置时间和日期。设置完成后，血糖仪才能正常工作。

请观看视频 *Contour® Next One Video: Doing Your First Test* (<https://sandbox18.mskcc.org/cancer-care/patient-education/video/contour-setup>)，了解有关如何设置血糖仪的说明。

▶ Please visit www.mskcc.org/zh-hans/cancer-care/patient-education/video/how-check-your-blood-sugar to watch this video.

有关使用血糖仪检测血糖的书面说明，请阅读 *如何使用血糖仪检测血糖*

(<https://sandbox18.mskcc.org/zh-hans/cancer-care/patient-education/how-check-your-blood-sugar-using-blood-glucose-meter>)。

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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有关更多资源，请访问 www.mskcc.org/pe，在我们的虚拟图书馆中进行搜索。

How To Check Your Blood Sugar Using a Blood Glucose Meter - Last updated on May 22, 2023

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上次更新时间

星期一, May 22, 2023

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您的反馈有助于我们改进所提供的教育信息。您的医疗团队将无法看到您在本反馈表中填写的任何内容。请勿通过反馈表表达您的医疗需求。如果您对自己接受的医疗服务有任何疑问，请联系您的医疗保健提供者。

我们会阅读所有反馈，但不会回答任何问题。 请勿在本反馈表中填写您的姓名或任何个人信息。

调查问题

Questions 是 有点 否

该信息是否易于理解？ ☐ 是 ☐ 有点 ☐ 否

我们应该更清楚地解释哪些方面？

请勿输入您的姓名或任何个人信息。

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