



## 如何使用血糖計來量度血糖

在此影片中，我們將向您示範如何使用血糖計來量度血糖。 血糖也稱為血液中的葡萄糖。

您首次使用此血糖計前，需要先設定血糖計。 您可以透過接受血糖目標範圍為 70-180 mg/dL，然後設定時間和日期，完成血糖計設定。 設定血糖計前，您無法使用血糖計。

如欲查看如何設定血糖計的說明，請觀看 *Contour® Next One Video: Doing Your First Test* (<https://sandbox18.mskcc.org/cancer-care/patient-education/video/contour-setup>) 影片。

▶ Please visit [www.mskcc.org/zh-hant/cancer-care/patient-education/video/how-check-your-blood-sugar](http://www.mskcc.org/zh-hant/cancer-care/patient-education/video/how-check-your-blood-sugar) to watch this video.

如欲查看使用血糖計來量度血糖的書面說明，請瀏覽 *How to Check Your Blood Sugar Using a Blood Glucose Meter* (<https://sandbox18.mskcc.org/cancer-care/patient-education/how-check-your-blood-sugar-using-blood-glucose-meter>) 網頁。

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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如欲獲取更多資源，請瀏覽 [www.mskcc.org/pe](http://www.mskcc.org/pe)，於我們的虛擬圖書館內搜尋。

*How To Check Your Blood Sugar Using a Blood Glucose Meter - Last updated on May 22, 2023*  
Memorial Sloan Kettering Cancer Center 持有並保留所有權利

上次更新

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