



患者及照顧者教育

如何使用血糖計來量度血糖（葡萄糖）水平

在此影片中，我們將向您示範如何使用血糖計來量度葡萄糖水平。



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://mskcc.prod.acquia-sites.com/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 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 Glucose (Blood Sugar) Using a Blood Glucose Meter* (<https://mskcc.prod.acquia-sites.com/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.

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

How To Check Your Blood Glucose (Blood Sugar) Using a Blood Glucose Meter - Last updated on October 3, 2025

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