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Glucose test strips are trusted by diabetes experts all over the world for easy and fast, home monitoring of blood sugar count by Mike Bate

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The regular monitoring of glucose levels in oneâ€™s blood is one of the most important aspects of diabetes control. Most people with diabetes are well aware of the fact that their diet and exercise regimen can only be judged on the basis of improvement in glucose count. There is no other way to know that a particular diet and exercise regimen as suggested by oneâ€™s health care professional is yielding any results. This is why every diabetic person or a person with diabetic symptoms is advised to check glucose level in his or her blood on a regular basis so that he or she could be advised accordingly.

There are many ways in which blood tests for glucose count can be performed. People who are being diagnosed for diabetes must be aware of the procedures and tests that they are asked for in their regular clinic visits. These simple tests require regular visits to the clinics which are costly and time consuming. Moreover, one needs to monitor oneâ€™s glucose count before or after meal, and before going to bed. These factors make the home monitoring of blood glucose count a necessary part of a diabeticâ€™s life. Glucose meter or glucometer is the most commonly advised, easy-to-use device which is used all over the world by diabetic persons for day to day monitoring of blood glucose count. These easy-to-use devices use glucose test strips with glucose oxidase which reacts with the glucose present in the blood sample and results in a precipitate. The resultant precipitate is then measured by the glucometer for glucose count and the end result is displayed on the display.

These devices are supplied with easy instruction manuals which can be referred for proper guidelines and usage to get correct readings. The most common procedure with the glucose strips is to wash the finger tips with alcohol before retrieving blood with the help of the lancet or needle. The blood is then collected on a glucose test strip which is then inserted in the glucometer. The strip is observed by the glucometer and the reading is displayed after some calculations.The veracity of these reading depends upon the quality and types of strips and the glucometer.

These glucose test strips are advised to be tested first with the control solution which is often supplied with the strips or glucometer to check whether reading displayed is correct. These control solutions have glucose count mentioned on the pack which can be referred to after you get the readings. One must stop using the strips or the glucometer if there are some serious fluctuations found during tests with control solution. These strips, otherwise, have already gone through several quality control checks to ensure that the concerned person get accurate blood sugar count.

The glucose level in your blood needs to be monitored closely no matter how serious your diabetic condition is. The persons with Type 1 diabetes or minor diabetic symptoms are advised for a particular diet and exercise regimen to control the glucose level in their blood. The only way to know whether suggested precautions are working fine with your body is to do regular glucose tests over a long period of time. The fluctuation in the glucose levels can only be monitored this way which makes it easier for your doctor or diabetes expert to prepare a proper diet chart so that your diabetic condition does not worsen.

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