3.4 Glucose Estimation by Urine Testing using Diastix

Objectives

By the end of this section you will know how to:

- Prepare the patient for this nursing procedure;
- Collect and prepare the equipment;
- Carry out glucose estimation by urine testing using Diastix.

Indications for glucose estimation by urine testing using Diastix

This procedure is carried out to estimate glucose levels by urine testing in patients with Type 2 Diabetes.

Equipment

- Reagent strips
- A watch/timer with a second hand

Procedure

- Perform hand hygiene;
- Collect and prepare equipment;
- Explain the procedure to the patient;
- Check the expiry date of the strips;
- Collect a fresh specimen of urine in a clean, dry container;
- Open the bottle and remove one test strip. Immediately replace the cap on the bottle;
- Hold the plastic end of the strip. Do not touch the test area of the strip;
- Dip the test area of the strip into the urine and remove immediately;
- Remove excess urine by shaking. Begin timing;
- Read the glucose test area by comparing with the colour chart at exactly 30 seconds after wetting;
- If colour falls between two colour blocks, estimate value;
- Dispose of equipment as per Division policy;
- Perform hand hygiene;
- Document the procedure, monitor after-effects and report abnormal findings immediately.

REFERENCES:

3.4 **Glucose Estimation by Urine Testing using Diastix** cont.

**REFERENCES:**
