

## Glucometer Cleaning/Disinfecting

*Did You Know* that appropriate cleaning or disinfecting of **glucometers** – devices that measure blood glucose levels – is citable per the CMS State Operations Manual? In alignment with nationally recognized standards of practice from the [CDC](#) and [FDA](#), CMS guidance under **F880 (Infection Control)** recommends the routine cleaning and disinfection of glucometers and prohibits the use of fingerstick devices for more than one resident.

### General Cleaning and Disinfecting Procedures:

1. Select an [EPA-registered disinfectant](#) that is effective against bloodborne pathogens ([HIV/HBV/HCV](#)).
  - Manufacturer recommended cleaning solutions may vary from mild soap + water, to 70% isopropyl alcohol, to a 1:10 diluted bleach solution.
2. Wipe all surfaces of the glucometer with the selected solution before and after each use.
3. Allow the glucometer to air dry before use for X minutes.
  - **X = Contact Time**
    - This may also be known as “**kill time**” or “**dwel time,**” referring to the amount of time an EPA-registered disinfecting product needs to be present on a surface in order to be effective against the microorganisms listed on its label.
    - X may fall between 30 seconds and 10 minutes, depending on the product.
    - Contact times for specific bloodborne pathogens may vary within a single EPA-registered disinfecting product. Refer to the product’s label for time recommendations.
4. If visibly contaminated, clean the device’s surfaces per the manufacturer cleaning instructions, which may include:
  - Using a disposable cloth, soap, and water to remove visible organic material.
  - Wiping with the appropriate EPA-registered disinfectant.
  - Repeating and allowing for sufficient disinfectant contact time to sanitize the glucometer.
5. Do NOT allow cleaning solution to run into the meter through areas such as in and around buttons, the meter’s test strip area, or in data ports.
6. Throughout procedure, healthcare personnel should practice appropriate sanitary precautions:
  - Wash hands before and after blood glucose monitoring.
  - Wear gloves during monitoring interactions, with additional gloves changes between residents.

- Change gloves that have come into contact with potentially blood-contaminated objects or in the event of a fingerstick.
- To prevent additional contamination, staff are NOT to carry glucometers in pockets.

### Best Practice:

- ✓ Assign glucometers for single resident use.
- ✓ If potential for glucometer sharing exists, the device(s) should be cleaned and disinfected after every use to prevent transmission of blood and infectious agents.

Use the following links to access cleaning and disinfecting instructions for some of the most common glucometers in use across the industry:

[ACCU-CHEK® Aviva Plus \(pg. 37\)](#)

[FreeStyle Lite \(pg. 35\)](#)

[ONETOUCH® Ultra 2 \(pg. 23\)](#)

[ACCU-CHEK® Guide \(pg. 47\)](#)

[FreeStyle Freedom Lite \(pg. 34\)](#)

[ONETOUCH® Verio Flex \(pg. 60\)](#)

[ACCU-CHEK® Guide Me \(pg. 27\)](#)

[FreeStyle Precision Neo \(ch. 15\)](#)

[ONETOUCH® Verio Reflect \(pg. 99\)](#)

[ACCU-CHEK® Guide Link \(pg. 48\)](#)

[GLUCOCARD® Vital \(pg. 60\)](#)