



患者及照护者教育

如何使用血糖仪检测血糖

在本视频中，我们将展示如何使用血糖仪检测血糖。



首次使用血糖仪之前，需要对其进行设置。为此，需要先接受 70-180 mg/dL 的血糖目标范围，并设置时间和日期。设置完成后，血糖仪才能正常工作。

请观看视频 *Contour® Next One Video: Doing Your First Test* (<https://mskcc.prod.acquia-sites.com/cancer-care/patient-education/video/contour-setup>)，了解有关如何设置血糖仪的说明。



Please visit www.mskcc.org/zh-hans/cancer-care/patient-education/video/how-check-your-blood-sugar to watch this video.

有关使用血糖仪检测血糖的书面说明，请阅读 *如何使用血糖仪检测血糖* (<https://mskcc.prod.acquia-sites.com/zh-hans/cancer-care/patient-education/how-check-your-blood-sugar-using-blood-glucose-meter>)。

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.

有关更多资源，请访问 www.mskcc.org/pe，在我们的虚拟图书馆中进行搜索。

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

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