Recommendations for Cleaning and Disinfection of Glucometers
North Carolina Statewide Program for Infection Control and Epidemiology (SPICE)

The CDC states that HBV can survive for at least one week in dried blood on environmental surfaces or on contaminated instruments. The following recommendations provide the guidance for cleaning and decontamination of glucometers that may be contaminated with blood and body fluids..

Recommendations:

1. Clean glucometer surface when visible blood or bloody fluids are present by wiping with a cloth dampened with soap and water to remove any visible organic material.

2. If no visible organic material is present, disinfect after each use the exterior surfaces following the manufacturer's directions using a cloth/wipe with either an EPA-registered detergent/germicide with a tuberculocidal or HBV/HIV label claim, or a dilute bleach solution of 1:10 (one part bleach to 9 parts water) to 1:100 concentration.

   There is at least one manufacturer (Alcavis) that makes a both a 1:50 and a 1:100 concentration of **bleach-only** disinfecting wipe for environmental surface disinfection.

Additional Information:

- Directions for glucometer disinfection vary between manufacturers and models within brands. Alcohol should never be used because it can damage the light emitting diodes (LED) readout, causing "fogging" of the plastic screens. Alcohol is also not an EPA-registered detergent/disinfectant.

- Many manufacturers do not recommend the use of quaternary ammonium compounds because of the corroding effects on metal parts. This includes products that combine bleach with detergents or disinfectants.

- All manufacturers caution that having the cloth too saturated could allow liquid to get inside the glucometer and cause damage. Screens and ports currently are not sealed on these devices. Therefore, using a bleach-only disinfecting wipe is less likely to cause damage.

References:

1. Guideline for environmental infection control in health-care facilities: recommendations of CDC and the Healthcare Infection Control Practices Advisory Committee. MMWR, 2003;52(No. RR-10):1-44.

2. Centers for Disease Control and Prevention. Appendix A: Regulatory framework for disinfectants and sterilants. In: Guidelines for infection control in dental health-care settings - 2003. MMWR 2003;52(No. RR-17):62-64.

3. Rutala, WA. APIC guideline for selection and use of disinfectants. Am J Infect Control 1996;24:313-42.