

Home Testing Devices

What are home testing devices?

Home testing devices are used to identify a medical problem, to determine if therapy is effective and to monitor a medical condition. A thermometer is one example of a home testing device.

There are many different testing devices available at the Medicine Centre Pharmacy. Your pharmacist can help you choose the one that is right for you.

Blood Pressure Monitors

Blood pressure monitors can be used to measure your blood pressure in the comfortable surroundings of your own home. Some people's blood pressure goes up at the doctor's office. Home blood pressure monitoring will give an accurate picture of your blood pressure at home. Provided that:

- No smoking or eating within 20 minutes of testing.
- No exercising (e.g. walking up stairs) before testing.



MEDICINE CENTRE
PHARMACY

- Be consistent as to the time of day testing is done.

Blood pressure monitors also help you monitor your treatment. It will help your doctor make decisions about your medication and the dose.

There are many different types of blood pressure monitoring machines. Your Medicine Centre pharmacist will explain the differences to you and help choose the machine that is the best for you.

We only carry quality blood pressure monitoring devices at the Medicine Centre Pharmacy.

Pregnancy Testing and Ovulation Prediction Kits

There are many different pregnancy testing and ovulation prediction kits on the market. Your pharmacist can help you decide which kit best meets your needs. He or she can help you compare the kits, and address such issues as ease of use, speed of obtaining results, how to read results and the accuracy of the test.

All kits come with package instructions and a toll-free number you can call if you have any problems.

Peak Flow Meters

Peak flow meters help people with asthma detect changes in their lung function even before they experience a shortness of breath,

wheeze or cough. This can help them get the necessary treatment early - before a full blown asthma attack occurs.

There are different styles and sizes of peak flow meters available at the Medicine Centre Pharmacy. It is important to talk to your pharmacist about picking the device that best suits your needs. The wrong size meter can cause false results.

Diabetes Blood Sugar Monitors

Blood sugar testing is recommended for people with diabetes. It is a more accurate test than urine glucose testing. Testing blood sugars helps people with diabetes adjust their medication to obtain the best control possible. Long-term complications such as vision loss, heart problems and circulation problems can be reduced with good blood sugar control.

The Medicine Centre Pharmacy carries many different, high quality, blood sugar meters. Your pharmacist can help you decide which blood sugar monitor is best for you. Your pharmacist will also show you how to properly use and care for your blood glucose meter.

Tips for Home Testing

- Home testing should not be used for diagnosis unless under the supervision of your physician.
- Home testing should not replace the need for medical advice.
- It is important to properly care and maintain your home testing device. Bring the device to your pharmacist or doctor every year to compare the result to their test devices (blood pressure monitors, blood sugar monitors, peak flow meters).
- Check the expiry date prior to use. Many one time only tests (pregnancy testing, ovulation predictor kits and strips used in the blood sugar monitors) are only accurate up until the expiry date.
- If you do not understand the instructions, contact your pharmacist. He or she will help you better understand the test. If the directions are not followed, it may change the results of the test.
- Some home monitoring tests are available in the United States before Canada. Ask your pharmacist what products are available in Canada.

Notes: