



## Recommended ARKRAY Cleaning and Disinfecting Guidelines

### *Option 1*

- To use a wipe, remove from container and follow product label instructions to disinfect the meter. Take extreme care not to get liquid in the test strip and data ports of the meter.
- Many wipes act as both a cleaner and disinfectant, though if blood is visibly present on the meter, two wipes must be used; use one wipe to clean and a second wipe to disinfect.

### *Option 2*

- To clean the outside of the blood glucose meter, use a lint-free cloth dampened with soapy water or isopropyl alcohol (70–80%).
- To disinfect the meter, dilute 1 mL of household bleach (5–6% sodium hypochlorite solution) in 9 mL of water to achieve a 1:10 dilution (final concentration of 0.5– 0.6% sodium hypochlorite). The solution can then be used to dampen a paper towel (do not saturate the towel). Then use the dampened paper towel to thoroughly wipe down the meter. Please note that there are 1:10 bleach wipes commercially available from a variety of manufacturers. Take extreme care not to get liquid in the test strip port of the meter.

With all the recommended meter cleaning and disinfecting methods, it is critical that the meter be completely dry before testing a resident's/patient's blood glucose level. Please follow the disinfectant product label instructions to ensure proper drying time.

For more information on CMS's F-Tag 441 Guideline on Infection Control, go to:

- <http://www.cdc.gov/injectionsafety/blood-glucose-monitoring.html> or
- <https://www.hhs.gov/guidance/document/revisions-appendix-pp-interpretive-guidelines-long-term-care-facilities-tag-f441>

For additional questions, please contact our Customer Service department at 800.818.8877, option 5.