

Keys to Getting a Good Fingertick and Capillary Blood Sample

Doing a proper fingertick is essential to getting good results on any device for Point-of-Care testing

MAXIMIZE GOOD BLOOD CIRCULATION

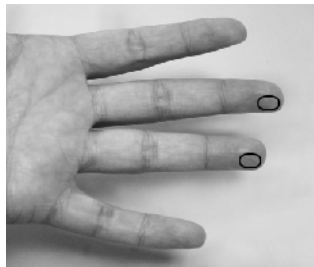
- Warm the hand by washing in warm water or holding it in a heating pad or hand warmer for a couple of minutes.
- Massage the finger with a downward motion several times before performing the fingertick.
- Lower the hand to below the heart level when collecting the drop of blood.

USE THE RECOMMENDED LANCET DEVICE

We recommend a 21 gauge, single use lancet device. If you are still having trouble, you can try using a 19 gauge lancet.

CHOOSE THE RIGHT SPOT

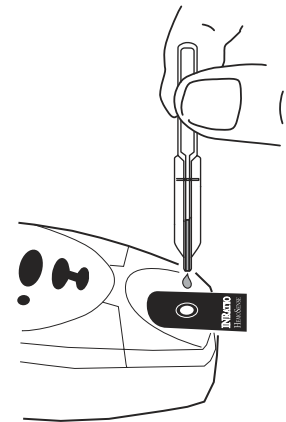
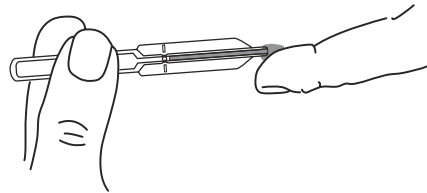
Choose a spot that is on the bottom side of the tip of one of the center fingers of either hand.



*(You should check to be sure that the blood will easily drop onto the Test Strip **before** you perform the fingertick)*

TRY USING A MICROSAFE CAPILLARY COLLECTION TUBE

A capillary collection tube can help draw the correct amount of blood, and can make it easier to apply the sample to the Test Strip.



COLLECT AND APPLY AN ADEQUATE SAMPLE TO THE STRIP

Quickly express blood down toward the finger by gently squeezing across the **entire** finger, at the last joint, not the fingertip. Do not "milk" the finger.

Release pressure and repeat, if necessary, to collect a **large hanging drop** of blood. Immediately apply one drop to the sample well on the strip. Do not add a second drop after the first drop is applied.



- Healthcare professionals should always wear gloves.
- The meter should be on a level surface, and not moved or touched during testing.
- If you need to repeat the test, perform a new fingertick.