



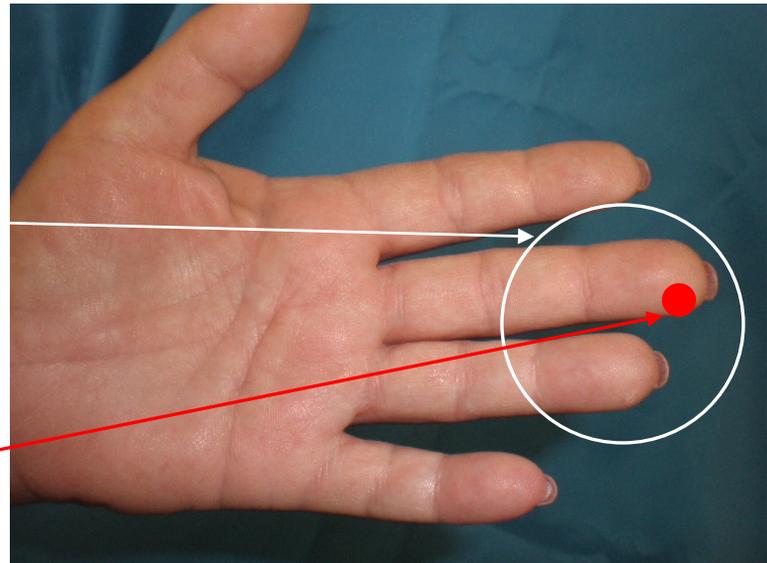
Fingerstick Procedure

For Accurate Glucose Results

Choose the finger carefully

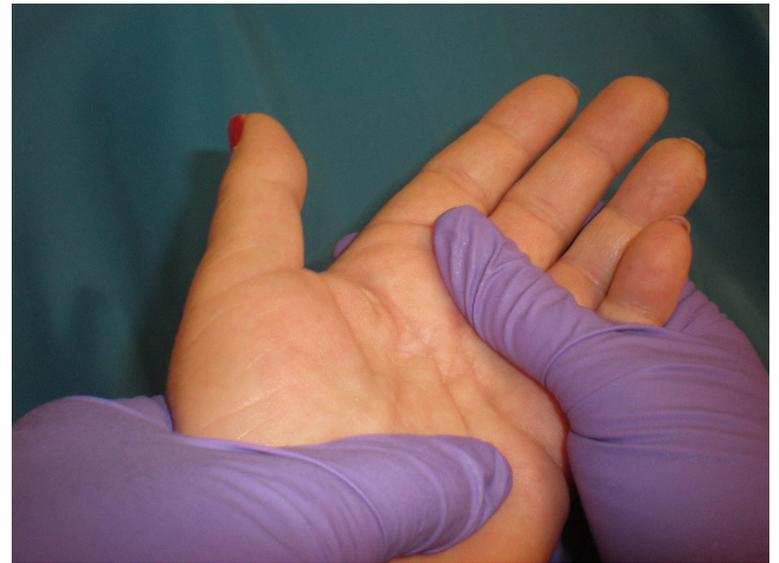
Best locations for a finger stick is the 3rd and 4th fingers of the non-dominant hand.

- Avoid the 2nd and 5th fingers if possible.
- Perform the stick off to side of the center of the finger.
- NEVER use the tip or center of the finger.



Massage or Warm the site

- Avoid fingers that are cold, cyanotic, swollen, scarred or covered with a rash.
- Massage to warm the finger and increase blood flow by gently squeezing from hand to fingertip 5-6 times.



Clean and DRY the site

- Cleanse fingertip with 70% isopropyl alcohol
- **Wipe dry** with clean gauze or allow to air dry.
- **Caution:** *Alcohol can falsely elevate or lower blood glucose results.*



Finger Stick location

- Using a sterile lancet, make a skin puncture just off the center of the finger pad.
- Wipe away the first drop of blood (which tends to contain excess tissue fluid).

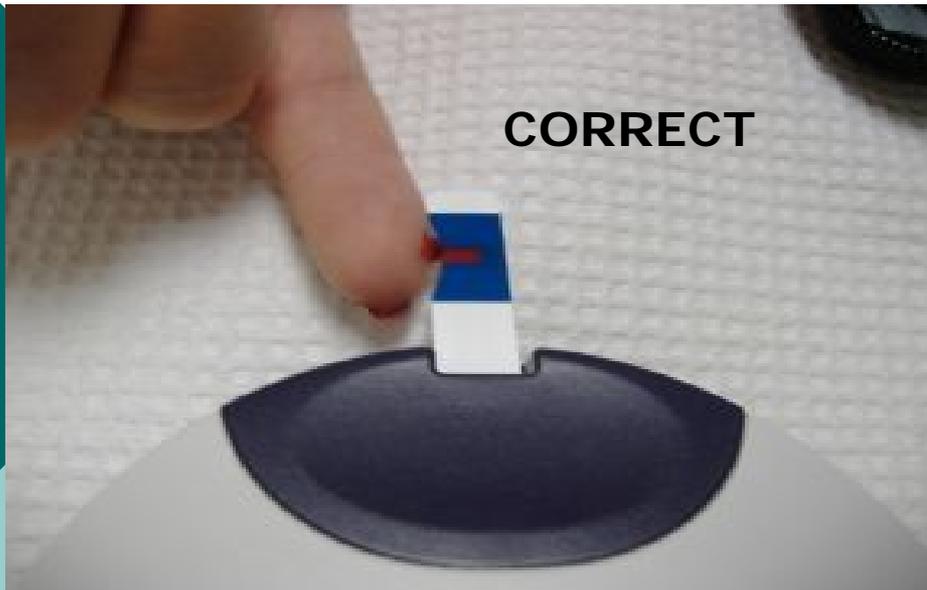


Do not milk finger

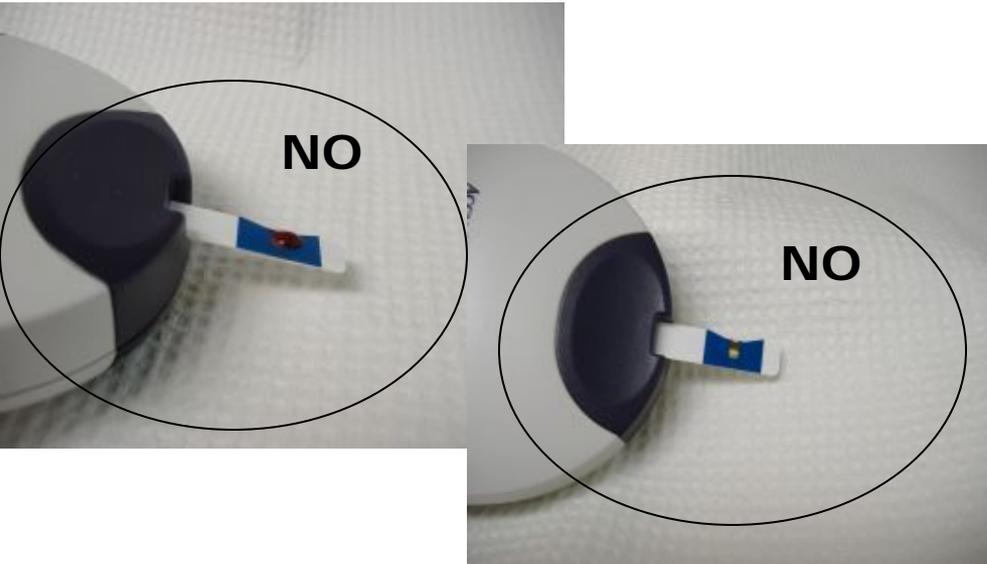
- **If necessary, apply light** pressure to the surrounding tissue until another drop of blood appears.
- Avoid "milking". The drop of blood must be big enough to fill the strip completely.
- **NOTE:** Do NOT squeeze or apply strong repetitive pressure to the site. This may result in hemolysis or increase tissue fluid in the blood causing incorrect glucose results.
- **Caution:** *Free flowing blood is necessary to obtain reliable results. Increased pressure beyond that necessary to hold the finger can result in inaccurate results.*



CORRECT APPLICATION OF SAMPLE



INCORRECT APPLICATION OF SAMPLE



CORRECT APPLICATION OF SAMPLE

- Place strip to the side of the drop of blood to allow the target area to fill by capillary action.
- When the hour glass appears on the meter **CHECK** the yellow target area to verify there is no yellow showing in the target area.

○

INCORRECT APPLICATION OF SAMPLE

- **DO NOT** apply sample to the top of the strip.
- **DO NOT REPORT** the glucose result, if yellow is showing in the target area of the strip and the test has begun.

CREDITS

- **PowerPoint slides developed and produced by Duke University Health System for their Point of Care Testing:**
 - <http://poct.duhs.duke.edu> – main page
 - http://poct.duhs.duke.edu/wysiwyg/downloads/Fingerstick_Training.ppt

CREDITS

○ **Goals:**

- To assure the safety of the patients.
- Maintain the regulatory compliance of all laboratory test performed at the patient's bedside to meet JCAHO and other regulatory agencies.
- Monitor all aspects of testing to insure nursing staff perform testing accurately with products proven to perform correctly.
- Assist nursing, with any issues, questions or concerns with all aspects of POCT.