



Tips for Healthy Blood Glucose Testing and Minimizing Pain from Fingertip Testing¹

Don't use rubbing alcohol¹

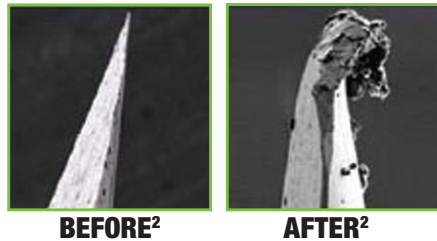
It's important to have clean hands before testing, as food on your fingertips could contaminate the blood sample. But cleaning with rubbing alcohol is not only unnecessary, repeated use will thicken the skin and make lancing more painful. Simply wash your hands in warm, soapy water. After testing, don't wipe the lancet with alcohol, as alcohol breaks down the silicone coating on the needle that makes it slip easily into your skin.

Get the blood flowing¹

In order to get an adequate blood sample you can try improving the flow of blood to your fingers before lancing. Use warm water to wash, then let your arm hang down at your side for a minute or gently massage your finger from base to tip. After lancing, firmly press a clean tissue to the site for a few seconds until the bleeding stops to prevent bruising.

Use lancets once¹

Changing lancets after each use reduces pain and maximizes safety. A used lancet is no longer sterile, increasing risk of infection.²



Try a shallower puncture¹

The deeper you lance, the more nerve endings you touch. Use a lancing device that allows you to dial the depth of the puncture, and select the lowest setting that gives you an adequate blood sample.

Pick your site¹

Avoid repeated lancing in the same spot by alternating among all your fingers. Target the sides of your fingertips rather than the soft centre area. The sides have more blood vessels and fewer nerve endings, giving you an adequate sample with less pain.

Alternate site testing¹

Although some lancing devices allow you to test in alternate sites, such as the forearm or thigh, the results from these sites may not be as accurate as those from fingertip testing when blood glucose is changing rapidly, such as after meals, physical activity or medications/insulin injections or during low blood glucose (hypoglycemia). Talk to your diabetes Healthcare Professional about whether alternate site testing is right for you.

Use lotion¹

Using hand lotion regularly will help soften your fingertips and make testing easier. Make sure you wash off the lotion before each test.

Talk to your Healthcare Professional¹

If you are still experiencing pain with fingertip testing, consult your Healthcare Professional. They may be able to provide some extra tips and techniques that can help make lancing more comfortable for you.

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1). Lessening Pain from Fingertip Testing, Canadian Diabetes Association (accessed 22/0710 – no author specified) <http://www.diabetes.ca/diabetes-and-you/living/guidelines/fingertip-testing/>. 2). Bayer Diabetes Care, data on file. 3). Bayer Diabetes Care, data on file. © 2010 Bayer Inc. BREEZE®2, CONTOUR®, MICROLET®, No Coding and Simplewins are trademarks of Bayer HealthCare LLC, used under license by Bayer Inc. Bayer and Bayer Cross are registered trademarks of Bayer AG, used under license by Bayer Inc. All other trademarks are owned by their respective owners. DD2134- 0710E