

How to get a Drop of Blood for Testing

It's not uncommon for people performing home blood glucose monitoring to have difficulty obtaining a large enough drop of blood to adequately cover their test strip. It is important to get enough blood to ensure your tests are accurate.

If your hands are cold, the supply of blood to fingers can slow down making it hard to obtain enough blood. In this case, warming the hands gently and slowly can help.

You can do this in several ways, for example:

- Place them under your arms for a few minutes.
- Holding on to your own fingers will sometimes do the trick.
- Wrap your hands in a warm towel.
- Placing them in a bowl of warm water can work wonders too. If you do this, test the temperature of the water first to make sure it's not too hot.
- Massaging the fingers gently from palm to fingertip will often help.

Other useful tips include:

- Hold your hand down as far below the level of your heart as possible to help fill your fingers with blood.
- Avoid areas of your fingers where there is hard or calloused skin.
- Use a fresh lancet each time.
- If necessary use an end cap on your lancet (finger pricker) device with an adjustable depth – the higher the number the deeper it will penetrate your skin.
- Don't be timid! Press the finger pricker firmly against your skin!

