



The Secrets of Alternate Site Testing

If we could get our patients to test more often we would get better results. But finger sticks hurt so why don't our patients use alternate site testing. This one page handout helps your patients understand how to get rid of the pain.



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TV commercials and diabetes magazines always have ads for painless testing but most patients never make it work. The secret is to use the clear cap.

The Clear Cap comes with every meter but it is usually not on the lancet device.

Why use the Clear Cap?

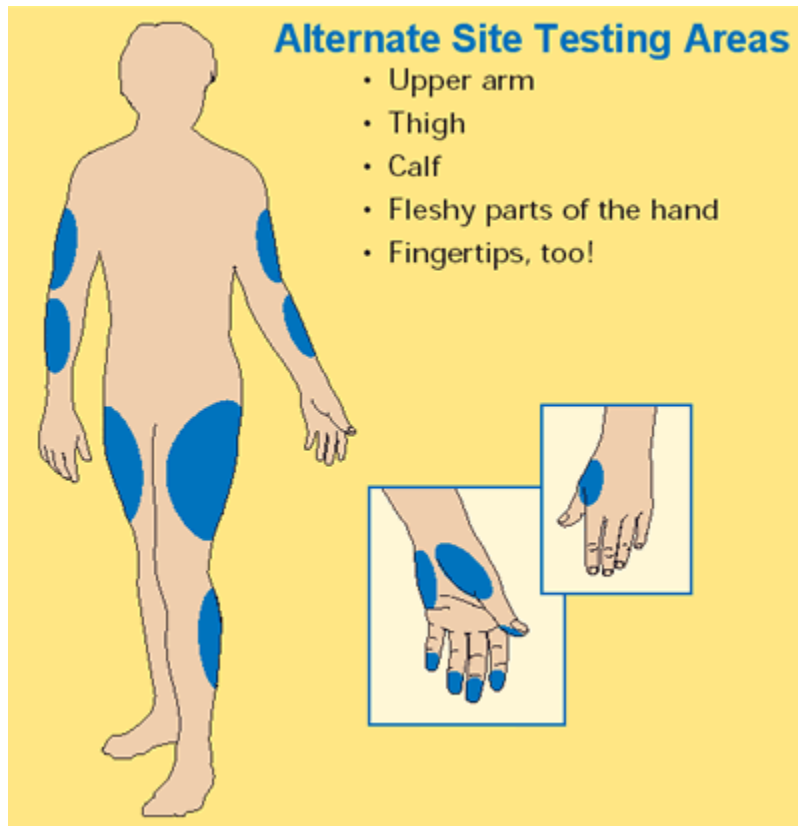
- The end of the cap is concave allowing it to bring blood to the surface
- The clear part allows you to see the blood to make sure you have enough

When using the clear cap on your lancet device follow the simple steps to success.

- Rub the area of your body selected(see picture below) with your hand for a few seconds
- If using the hand, palm or forearms, the area to be lanced should be lower than the heart
- Press the lancet device against the skin area with moderate pressure and release the lancet
- Hold the lancet device down on the skin to force the blood out until you can see the proper amount needed.
- If this does not yield enough blood, lift the device from the skin and press down again (there is no need to stick again).
- Apply the strip to the blood as directed, taking care not to press the strip too hard against the skin.



If you cannot find the clear cap in your kit call the toll free number on your meter and request one or have your medical professional give you a new meter.



Pictures courtesy of Abbott Diabetes Care

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