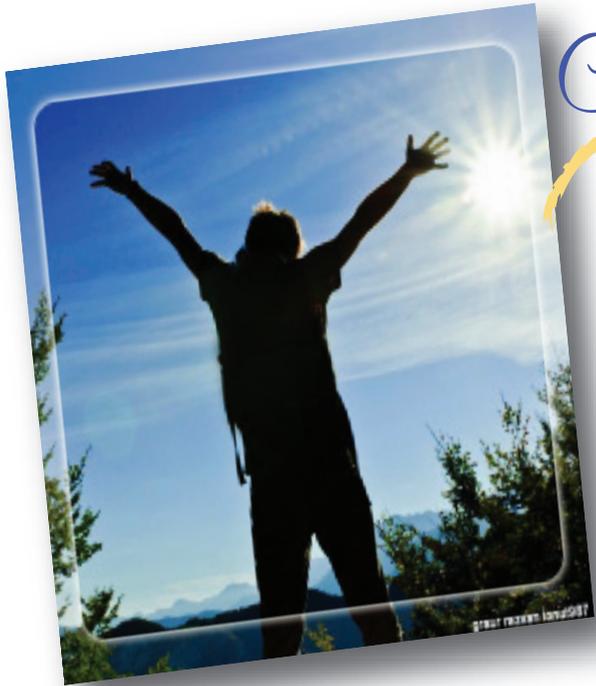


Your Health is Our Business!



Your HEALTH

Your LAB

Your CHOICE



METROPOLITAN
MEDICAL
LABORATORY, PLC

AT-HOME FINGERSTICK BLOOD TESTING

As the Quad City area's premier laboratory in providing quality results, we are pleased to provide this booklet on at-home fingerstick blood testing.

At-Home Fingertstick Blood Testing

Thank you for choosing Metro Lab for your health needs. The advantage to performing this testing at home is that certain tests can be performed frequently and in a short amount of time for blood level monitoring purposes.

Performing this testing at home carries some risks, such as the possibilities for:

- inadequate specimen for testing
- sharing of testing equipment between individuals
- transmission of bloodborne viruses
- unreliable results due to a variety of factors (expired test strips, meter malfunction, specimen sampling issues, etc.)



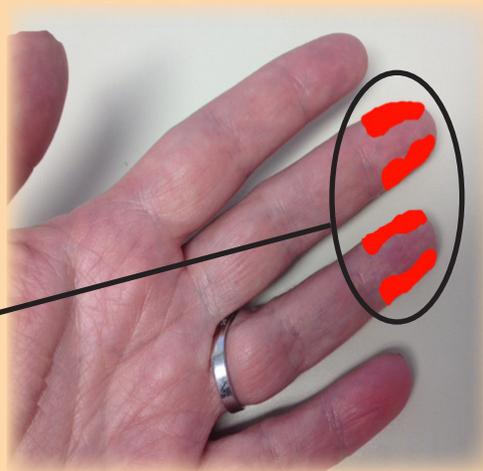
**For your safety,
Metropolitan Medical Laboratory
recommends the following:**

- Fingertstick devices should **NEVER** be used for more than one person.
- Whenever possible, blood glucose meters should **not** be shared. If they must be shared, the device should be cleaned and disinfected after every use, per manufacturer's instructions. If the manufacturer does not specify how the device should be cleaned and disinfected then it should not be shared.
- If you use REUSABLE DEVICES for the fingertstick, the Centers for Disease Control recommends that these devices **NEVER** be used for more than one person.
- SINGLE-USE DEVICES are for **one use only**, and must be disposed of properly after a single use (refer to package insert instructions). These devices can **NEVER** be cleaned and reused.

**At-Home Fingertstick
Blood testing
is coordinated
between you and
your physician. Be
sure to contact your
physician's office if you
have a question, such
as what to do if your
test result is above or
below normal range.**

In order for you to obtain the most accurate results from your personal at-home fingerstick testing meter, you must read and follow the manufacturer's instructions completely. All instruments are slightly different.

1. Carefully follow the package insert instructions to set up your meter for testing, to include cleaning and calibrating when needed per the manufacturer's directions.
2. Follow the testing instructions from your physician.
3. Ensure that the meter and test strips are at room temperature.
4. Frequently change the lancet. Dull lancets hurt. According to the FDA, you should use a new lancet with every blood test.
5. Check the depth setting on your lancet device. Lower the number to the least amount of "poke" (depth) possible to still get a good blood sample.
6. When preparing your finger for the fingerstick, first wash both hands in soap and water, and then dry your hands.
7. Insert a test strip in your meter.
8. Select an area for the fingerstick. It is **IMPORTANT** to select a different site from the site you previously used to avoid finger soreness. The best location is on the side of either the 3rd or 4th (middle & ring) fingers of the hand you use least (non-dominant hand). Never use the tip or the center of the finger - there are more nerve endings and it is closer to the bone.



9. Cleanse the fingerstick area with a 70% isopropyl alcohol pad.
10. Allow the area to dry completely for several minutes. Do not touch the area.
11. Once your meter is ready, pick up your lancet. With a quick motion, prick your finger in the area that you cleansed with alcohol. After you poke your finger, give it a few seconds before you start to push the blood out.
12. Follow the meter's instructions for placing a drop of blood on the test strip. Touch and hold the edge of the test strip to the drop of blood. Apply a large enough drop to cover the test area completely with just one drop.
 - Do not bend the test strip.
 - Avoid dabbing several times.
 - Avoid "milking" your finger.
 - Do not smear or scrape the drop of blood with the test strip, or press it too firmly against your puncture site.

If you are having difficulty in getting enough blood, try soaking your hand in warm water for several minutes to increase blood flow, and repeat the process above.

While the strip is being tested by your meter, do not move or bump the test strip.

13. Record your results in your journal.
14. Dispose of the lancet and test strip properly.



METROPOLITAN
MEDICAL
LABORATORY, PLC

www.metromedlab.com

The contents of this booklet are for instructional purposes only. Your test results, along with examination and your personal medical history, must be interpreted by your physician for proper diagnosis and care. We encourage you to share your results with your healthcare provider to determine the best course of action to take charge of your health.