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

○ 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](http://poct.duhs.duke.edu) – main page
  - [http://poct.duhs.duke.edu/wysiwyg/downloads/Fingerstick_Training.ppt](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.