



# Diabetes Education

Blood glucose **SELF-MONITORING** using a blood sample from somewhere other than the fingertips, namely the palm, upper arm, forearm, abdomen, calf, or thigh. Many people find that periodic alternate-site testing provides a welcome relief from the pain of fingersticks.



## Recommendation:

If you are testing for hypoglycemia (*low blood glucose*), or if you suffer from hypoglycemia unawareness, it is recommended that you test on your fingers **ONLY**.

## Alternate Site Testing

### Alternate Site Testing (AST):

Blood Glucose Monitors and Strips that are approved for Alternate Site Testing are able to accurately test blood samples from the following sites:

- ✓ Forearm
- ✓ Hand
- ✓ Fingers
- ✓ Thigh
- ✓ Upper Arm
- ✓ Calf

### How to do AST:

1. Lay out **ALL** of the Testing Equipment You Will Use: lancing device, lancet needle, alcohol pads, glucose meter and test strips (*if taking insulin, insulin and syringe*)
2. Wash Your Hands
3. Prepare Your Lancet Device:
  - You will need a thicker lancet needle for AST than the one you use to stick your finger.
  - Make sure you use the cap for AST. It is usually clear, but double check the directions that came with the lancing device.
4. Obtaining the Blood Sample:
  - Press and hold the lancet device against the site for a few seconds. Now ***PRESS*** the release button.
  - **CONTINUE** to hold the lancet device against the site and increase the pressure for a few seconds until you see a blood drop form through the clear cap. Make sure there is enough blood to test your blood sugar.
  - When you lift the cap, take care not to smear the blood droplet.

*The HIGHER the gauge number, the THINNER the lancet needle.*

### Know Your ABC's of Diabetes:

*(Reach Your GOALS)*

**A** ✓ EVERY 3-6 MONTHS

- **A1c:** Below 7%

**B** ✓ EVERY VISIT

- **Blood Pressure:** Below 130/80mmHg

**C** ✓ ONCE A YEAR

- **Cholesterol:**  
LDL: Below 100mg/dL  
HDL: Above 40mg/dL for Men & Above 50mg/dL for Women

### **⊙** Blood Glucose Targets:

- Fasting, 90-130mg/dL
- 2 Hours after eating, Less Than 180mg/dL



## Warning:

Results from AST may not be as accurate as readings from fingertips. Alternate site readings differ from fingertip readings when blood glucose levels are changing rapidly such as after meals, after taking insulin, during exercise, or when you are ill or under stress.

Please **READ** the Owner's Manual that came with your meter to find out more information about its AST capabilities.

## Talk to Your Doctor to See If Alternative Site Testing is Right for YOU.

With a little bit of education, you can give your fingertips a rest and maybe test more often than you do now.

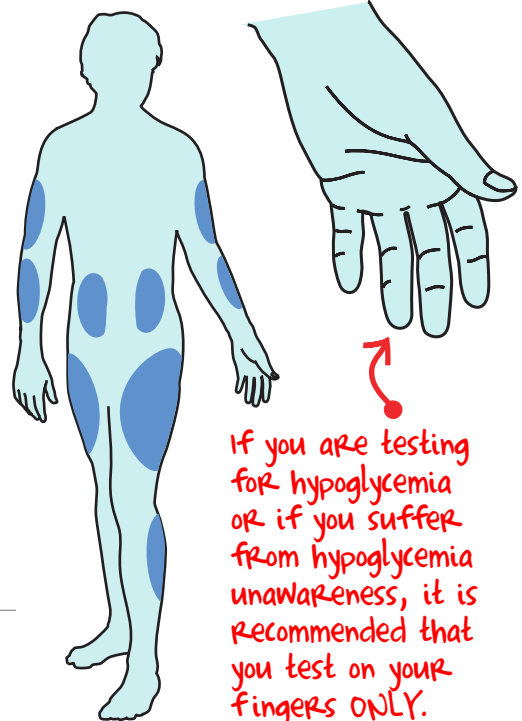
For people with diabetes, **MORE** frequent testing is a good thing.

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# Alternate Site Testing

## Test Your Blood Glucose Levels **DAILY!**

- ✓ The outer, upper arms. Use the outer back area of the upper arm where there is fatty tissue.
- ✓ The abdomen, except for a two-inch circle around the navel.
- ✓ The top and outer thighs or calf. Avoid injecting too close to the bony area above the knee.



## When Alternative Site Testing Is Not Recommended:

### The U.S. Food and Drug Administration Gives These Guidelines:

1. People with hypoglycemia unawareness should not use alternative site testing at all.
2. Don't use alternative sites when you may not know when your blood glucose is **LOW**:
  - When you have just taken insulin
  - Any time during or after exercise
  - Unknown variables occurring in your day, such as illness
  - Any time you just feel "low"

**NOTE:** Any time you want to be sure of an accurate, up-to-date blood glucose reading, test on your fingertip or palm.



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