

Is testing a pain?

Essential advice for people
with diabetes from Accu-Chek



Taking the **sting** out of testing

- ✓ Regular testing is vital for controlling your diabetes
- ✓ There are many things you can do to make testing more comfortable
- ✓ Choosing a finger pricker that's right for you may help
- ✓ Talk to your doctor or nurse about how to make testing easier

To find out more about the range of free diabetes information booklets from Roche Diagnostics call the Accu-Chek Customer Careline on

0800 701000 (UK)

1 800 709600 (IRELAND)

www.accu-chek.co.uk

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Live life. The way you want.



Testing needn't be a pain

...when you test everyday, you want it to be as easy as possible.

Emma, 31

Which finger pricker is best? Is there anything to help sore fingertips? How can I make testing easier? If you're one of the many people who need to test your blood sugar every day, testing can be a big deal. But because it's such a vital part of staying in control of your diabetes, this booklet helps to answer some of those most common testing-related questions.

Packed with tips and advice, it lets you know about the many things you can do to help make testing more comfortable and hopefully less of a pain.



What can I do?

I didn't realise there were so many things I could do myself to make testing more comfortable.

Paul, 58

Warm up first

Improve blood flow by running hands under warm water and massaging your chosen finger before testing - the warmer your hands are, the easier testing will be.

Wash 'n' dry

Always wash hands in warm soapy water and dry well before testing - dirt, food and liquid can all affect your blood sugar reading.

Change regularly

Use a fresh lancet every time you test - blunt or re-using lancets is one of the biggest culprits for painful testing.

Aim for the side

For the best results the ideal spot is the side of your finger tip, near the finger nail area. It is best not to use your thumb or index finger as they are used the most.

Be firm

Always make sure you press your finger pricker firmly against your skin - it'll be easier, gentler and you won't need to pierce the skin so deeply.

Alternate daily

Never lance in the same spot twice in row - alternating fingers gives them time to recover and helps avoid calluses.

Getting to grips with finger prickers

...I used to think all fingers prickers were the same.

Jon, 52

Features to look out for

Adjustable depth settings

Built-in lancets

High-speed lancing action

Audible signals

Automatic lancet ejection

What this means

- Suits individual skin types
- Less pain
- No lancet handling
- More hygienic
- Safe disposal in household waste
- Easier to use
- Less pain
- Useful if visually impaired
- Easier and safer to use

Today there are many types of finger prickers available. Each one is different and the one you choose should fit in with your needs. Some finger prickers, like the Accu-Chek Multiclix, now come with a host of new features to help make testing easier. If you would like to know more talk to your nurse or doctor or call the Accu-Chek Careline on 0800 701 000 (UK) or 1 800 709600 (Ireland).



Which finger pricker is right for me?

Here are some questions to help you decide which features you might need from a finger pricker. If you would like to know more talk to your doctor or nurse.

Are you afraid of testing?

If the answer is yes, a finger pricker with built-in lancets, and no lancet handling could be an option for you.

How good is your blood circulation?

If your blood circulation is poor, you may have difficulties obtaining a good size blood sample - speak to your doctor or nurse if this is a problem for you.

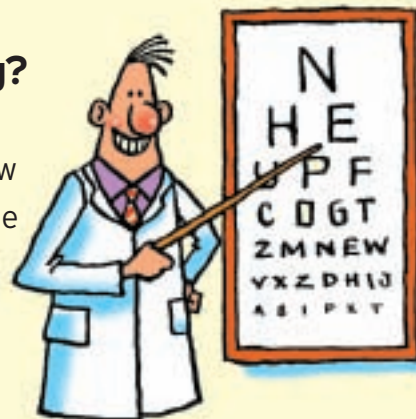
How thick is your skin?

Skin thickness can affect how deeply you need to pierce your skin and how much pain you

feel - a finger pricker where you can choose different depth settings may help.

Do you experience pain easily when testing?

Make sure you always use a new lancet every time you test - blunt or bent lancets make testing more painful.

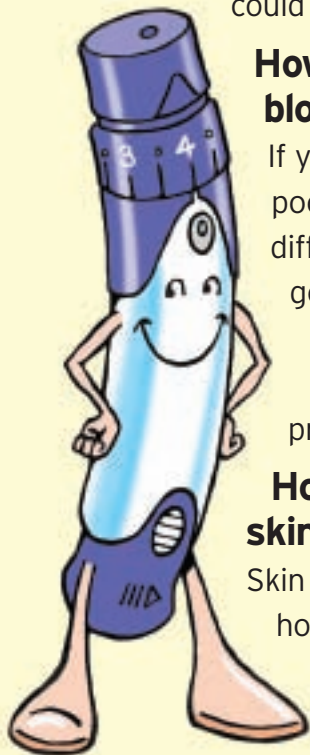


Do you have rheumatism or neuropathy?

A finger pricker which is easy to hold and use is essential - one with built-in lancets may be worth considering.

Are you visually impaired?

Some finger prickers make an audible sound when priming - ask your nurse about any other features which you may benefit from.

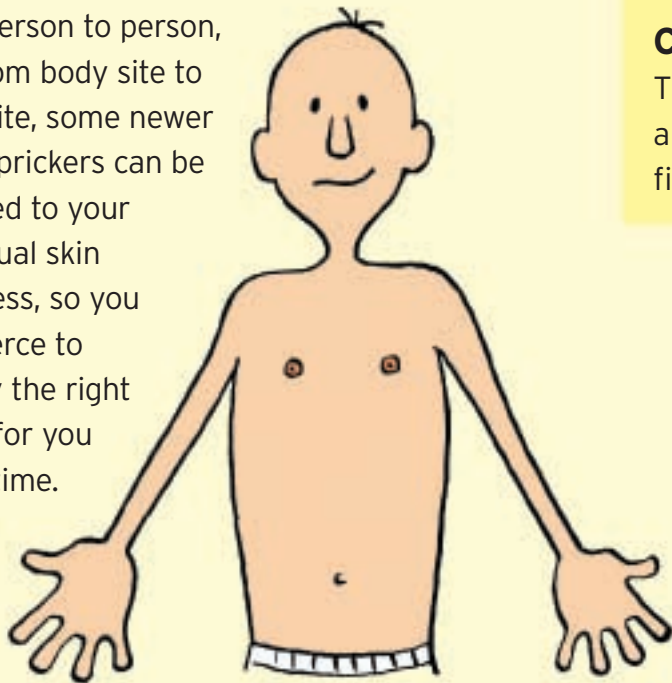


Pain-free testing starts with your skin

How thick-skinned are you? This may seem like an odd question but the thickness of your skin can actually affect how much pain you feel when testing.

Your skin thickness determines how deep you need to pierce the skin and even how big the blood drop you get is. Piercing too deeply causes more pain. However if you don't go deep enough your blood drop may be too small, so you have to test all over again.

Because skin thickness varies so much from person to person, and from body site to body site, some newer finger prickers can be adjusted to your individual skin thickness, so you can pierce to exactly the right depth for you every time.



Tips for less pain

Get the depth right

Select a depth setting that's right for you.

Avoid side-to-side movement

This can cause the skin to tear more than usual - ouch!

Speed it up

The faster the skin is pricked the less pain you'll feel.

Consider AST

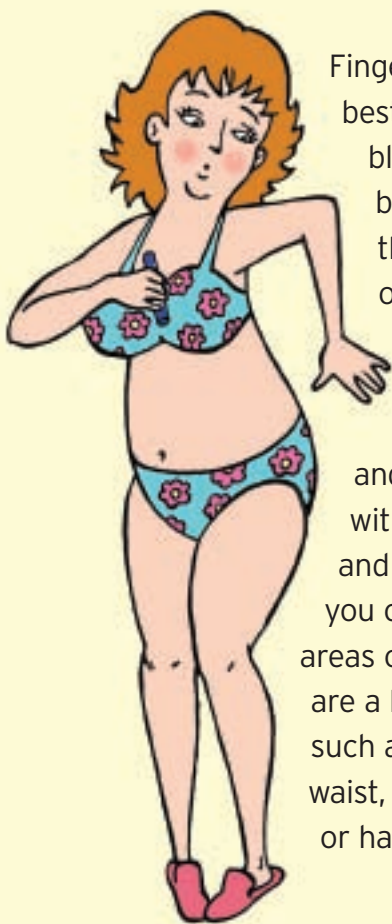
This may be less painful alternative to fingertip testing.



More about Alternative Site Testing

Having a choice of test sites just makes it easier and has actually improved my control.

Mary, 37



Fingertip testing is the best way to test your blood sugar. This is because they have the 'freshest' supply of blood, so the reading is more likely to be up-to-the-minute and accurate. But with the right meter and a little know-how, you could test other areas of the body that are a little less sensitive, such as your thighs, waist, buttocks, forearms or hands.

Although AST can be less painful

than fingertip testing it's not for everybody and can't be used at any time. However, it's definitely worth finding out if it's for you. To learn more speak to your nurse or doctor.

You can also call the

Accu-Chek Careline for our booklet on AST.



Testing dos

and don'ts

DO try and relax

Test where you feel most comfortable - for many this is usually at home. However, there are now some systems which make testing on-the-go easier too.



DO 'milk' your finger before testing

'Milking' or squeezing from the palm to the fingertip in a downward action can help reduce pain and won't affect your result.

DO use the first drop of blood

Contrary to popular belief you can use the first drop of blood for testing.

DO keep your finger pricker in good shape



Regularly clean with soapy water or disinfectant to remove any dried up blood spots.

DON'T forget to wash your hands

Always make sure fingertips are clean and dry before testing - dirt, liquids and foods can all affect your result.

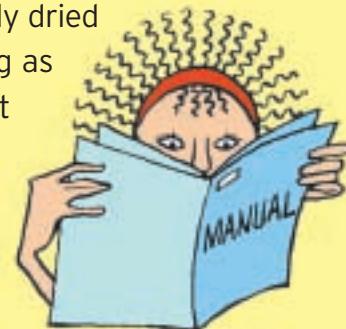


DON'T re-use lancets

To prevent infection never use lancets used by someone else. Also blunt, used lancets hurt more so it's advisable to change them regularly.

DON'T use alcohol pads

Alcohol hardens the skin and can make testing more painful. If you have to use them, ensure the alcohol has completely dried before testing as it could affect your result.



DON'T forget about after care

Keep sampling sites clean and dirt-free to help prevent infection.