

- Use lancet devices with adjustable-depth tips. Begin with the shallowest setting.
- Use glucose monitors that require small blood samples (e.g., Ascensia Elite) to avoid repeated punctures.

Blood for testing can be obtained by two different methods: manually or with a mechanical bloodletting device. A mechanical device is recommended for children, although the child and family should learn to use both methods in the event of mechanical failure. Several lancet devices are available, and each provides a means for obtaining a large drop of blood for testing ([Fig. 28-4](#)).

Nursing Alert

Caution children not to allow anyone else to use their lancet because of the risk of contracting hepatitis B virus or human immunodeficiency virus infection.



FIG 28-4 Child using a finger-stick device to obtain a blood sample.

The blood sample may be obtained from fingertips or alternate sites, such as the forearm. Alternate site testing requires a meter that can test a small volume of blood. Not all meters are capable of this.

Signs of redness and soreness at the site of finger puncture