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## Alternate Site BG Testing

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"Alternate site testing" is testing the blood glucose (BG) in areas other than the fingertips, such as the arm or palm of the hand. Testing the arm or hand gives tender fingertips a break. There are fewer nerve endings in the arm and hand, so testing is less painful.

Alternate site tests are accurate, but not as up-to-the-minute as fingertip tests. Alternate site results may be different than the fingertip when BG levels are changing rapidly (such as after a meal, after taking insulin, and during or after exercise). If you test using an alternate site and the results do not agree with the way you feel, retest using your fingertip.

Use your fingertip if:

- you think your BG is low;
- you do not always get symptoms when you are hypoglycemic;
- you suspect that your BG may be changing rapidly and you want the most up-to-the-minute information;

How to test alternate sites:

Use only a meter which has been tested and shown to be accurate with alternate site samples. Your diabetes educator can tell you if alternate sites can be used with your meter. You also need a clear cover or cap which fits your lancing device.

1. Prepare your lancing device with your usual lancet and the clear cover and set the device at the deepest setting. (You can adjust this later if needed.)
2. Place the lancing device at the area you wish to use and apply some pressure for a few seconds.
3. Push the button to puncture the skin. Continue to hold the lancing device against your skin, letting suction draw the blood up. Don't remove the lancing device until the drop of blood is large enough.
4. Continue the testing procedure as usual.