



DIABETES
QUALIFIED

What you need to know about pricking your finger!



DO YOU REMEMBER HOW OFTEN YOU WERE TOLD TO CHANGE YOUR LANCET?

A lancet is a small sharp needle. It is used in your lancing device to prick your fingertip to get a drop of blood.

You may not have been told or don't remember how often you need to change your lancet to a new one. It is generally recommended to use a new lancet every time you check your blood glucose. Why?

A used lancet can become blunt over time, and you may need more force to get a drop of blood. It is recommended to dispose of your lancet after every use. This is to make sure:

- Your finger prick is as pain-free as possible
- You reduce your risk of a scar, callous, bruise or infection where you prick or lance your fingertip

SHOULD YOU REUSE A LANCET?

This is a challenging question, as people may tell you they use a lancet many times. Talk to your diabetes educator or pharmacist about what is right for you.

Importantly! If you notice you are turning up the cap on your lancing device to a higher number than it's definitely time to change your lancet.



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SOME TIPS TO GET A DROP OF BLOOD

1

Start by washing your hands with soap and water and dry your hands thoroughly.



2

If you are out and use hand sanitiser, make sure your hands are dry before you prick your finger. Wet skin may affect the accuracy of the reading.



3

Warming your hand or massaging your finger can help get the blood to the fingertip. Even having your hand lower than your heart may help.



4

When pricking your finger, use the side of the tip of each finger rather than the tip. This means less pain and often more blood. Most of your nerves are in your fingertips.



5

If you have difficulty getting enough blood, a monitor that uses the CONTOUR®NEXT Strips for example, can help. This strip has Second-Chance® Sampling which allows you to continue adding more blood for up to 1 minute. This means no wasted strips or having to prick your finger a couple of times to check your blood glucose level.



Remember make sure you use a different spot on a different finger each time.



WHAT SHOULD YOU DO WITH YOUR USED LANCET?

- Always throw away your used lancet safely.
- Use an Australian Standard Sharps container or a puncture resistant plastic container with a screw top.
- Visit [Safe Sharps Australia](#) to find out where to take your full container.