

# 10 TIPS TO COLLECT ENOUGH BLOOD FROM A FINGERSTICK

## MASSAGE AND WARM YOUR ARM

**DO NOT SKIP THIS:** Warm and massage your fingers, arm, and hand with warm running water or warming devices like heat pads for 3-5 minutes to improve circulation. Do not use temperatures higher than 40°C/105°F. Wearing warm clothes may help during Winter.



## HYDRATE YOURSELF

Blood is 92% water, so drink more water! Try for 3 to 4 big glasses the day before, and 1 big glass an hour before you stick your finger. Bonus points if you drink warm water!



## LET GRAVITY HELP YOU

Try standing up over the tube and hanging your hand below your arm, or get creative, but make sure you're comfortable and blood is flowing downhill rather than uphill.

## DON'T MILK YOUR FINGER

Do not **SQUEEZE** or "milk" your finger. You could contaminate your blood with tissue cells, and cause hemolysis, which is the bursting of red blood cells. This releases unwanted components from your blood cells into the blood sample. Light pressure around your finger is okay.

## DON'T SCRAPE THE PUNCTURE SITE

Don't scrape the tube against your finger while collecting, or you will contaminate your sample with skin/tissue cells. Just let the blood flow or drip into the tube.

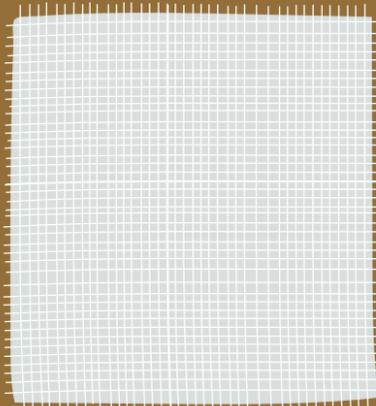
## CLEAN AND DRY THE SITE

Before the fingerstick, clean your finger with an alcohol wipe, and let it dry!! Otherwise, the alcohol could contaminate your blood sample and ruin your results!



## DON'T USE THE FIRST DROP

Wipe away the first drop of blood with gauze, because it will have skin cells, which can ruin your blood test!



## USE THE BEST LOCATION ON YOUR FINGER

Aim between the side and center of your finger to decrease pain and increase blood flow. Never use the tip or center of your finger, and avoid callouses, swollen or cyanotic areas, scars, and rashes.

## CHOOSE THE CORRECT FINGER

Choose your middle (3rd) or ring (4th) finger, because your pinky can hit bone, and your thumb can bleed profusely. Also try to choose the finger you use the least.

## CHOOSE THE CORRECT LANCET SIZE

There are different lancet needle sizes and shapes! If you are trying to fill up a small tube, choose a lancet designed for "high flow".

