

These suggestions can help prevent sore fingers:

- Do not prick the tip of your finger. If you do, the prick is more painful and you may not get enough blood to get accurate results. Always prick the side of your fingertip. Also, do not prick your toes to get a blood sample. This can increase your risk of developing a dangerous infection in your foot.
- Don't squeeze your fingertip. If you have trouble getting a drop of blood large enough to cover the test area of the strip, hang your hand down below your waist and count to 5. Then, squeeze your finger beginning closest to your hand and moving outward to the end of your finger.
- Use a different finger each time. Establish a pattern for which finger you stick so that you will not use some fingers more than others. If a finger becomes sore, avoid using it to test your blood sugar for a few days.
- Use a different device. Some blood-sugar meters use lancet devices that can get a blood sample from sites other than the fingers, such as the forearm.
- Do not reuse the lancet. It can get dull and cause pain.