

Your guide to effective blood sampling

This guide will help you get the most effective and the most comfortable blood sample. Please also refer to the instructions supplied with your lancing device and blood glucose meter.

1. Wash your hands with soap and warm water, rubbing them vigorously to increase blood circulation. Dry them thoroughly before sampling.

2. Load a lancet into your device and prepare to sample. Select the needle penetration depth that gives you a suitable blood flow with maximum comfort.

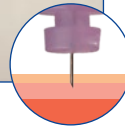
3. Select a site on the outer edge of any of the fingers (except your index finger) as shown by the ringed areas. Place the platform of the device against the finger and take the sample. Always try and rotate to different fingers between sampling to avoid soreness.

Some lancing devices allow samples to be taken from alternate sites on the body and Unilet lancets are suitable for this.

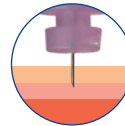
4. Wait for a moment to allow the blood to flow freely to the sample site and if necessary, gently squeeze your finger to help form a drop of blood. Then apply the blood drop to the test strip.



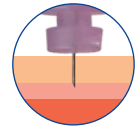
Select the needle penetration depth that suits your skin



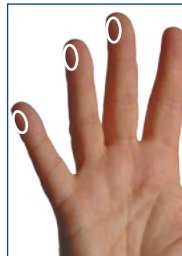
Delicate skin



Normal skin



Thicker skin



Always practice safe sampling

If a lancet is used more than once the tip can be damaged and the tissue traumatised. The lancet tip can also become bent and dulled, which could cause bruising or scarring. To get the most comfortable sample possible, please use a new Unilet lancet every time you sample.



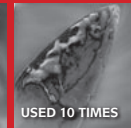
NEW LANCET



USED ONCE



USED 4 TIMES



USED 10 TIMES

Magnified lancets - Data on File

Unilet®
ComforTouch™ 28G

Ultra thin recappable lancet for safe disposal.

Box of 100
AT 0465

Box of 200
AT 0460



Unilet®
GP Superlite 23G

Medium blood flow lancet.

Box of 100
AT 0455

Box of 200
AT 0450

