

IS ALTERNATE SITE TESTING FOR EVERYONE?

It is very important that you take the following guidelines into consideration when using alternate sites:

- Alternate site blood glucose testing is not recommended in the two hours immediately after a meal; after taking insulin; or after exercise.
- If you get alternate site blood glucose results that don't agree with how you feel, a fingertip blood glucose test is strongly recommended.
- If you have had low blood glucose in the past that you were not aware of (you did not feel hypoglycemic), you should always do your blood glucose testing on fingertip blood.
- If you expect changing blood glucose results, need to detect hypoglycemia as early as possible, are involved in risky activities (driving a car, working with machines, etc), or use an insulin pump you should test your blood glucose with fingertip blood.

Always speak with your healthcare professional before performing alternate site testing.



For more information about Bayer Diabetes Care Systems and support from Bayer, or help with your diabetes testing supplies, call our toll-free Customer Service Help Line at 1-800-348-8100 (24 hours, 7 days a week).

You can also visit our web site at:
www.BayerDiabetes.com/us

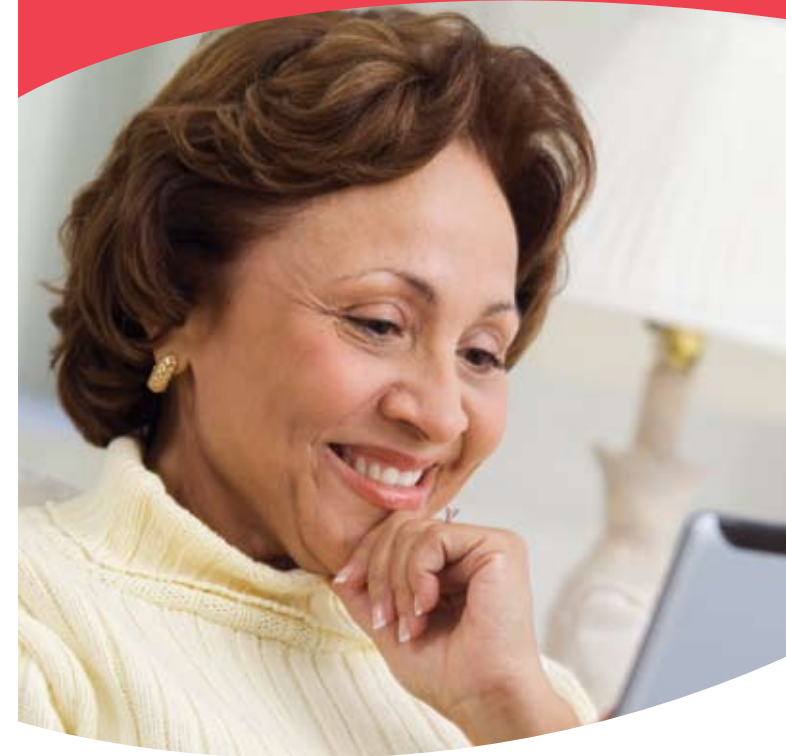


For more help in managing your diabetes, see a diabetes educator. To find an educator:
www.diabeteseducator.org

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0392044 Rev. 4/07

Alternate Site Testing

BAYER HEALTH FACTS



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 Bayer HealthCare
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A USERS GUIDE TO ALTERNATE SITE TESTING

What is Alternate Site Testing?

Alternate site testing for blood glucose means you can use a sample from body areas others than the fingertip. Examples of alternate sites for blood glucose sampling are the forearm, palm, abdomen (belly), or thigh.

Why would you want to test from alternate sites?

Here are some reasons why you may choose to take samples from sites other than the fingertip:

- Less pain (fingertips are among the most sensitive areas of the body)
- Gives your fingertips a rest, especially if you test several times a day
- Occupational reasons: manual workers, caterers, musicians, typists and others who frequently work with their hands may want to protect their fingertips from overuse.

Will my blood glucose test results be the same when I test from an alternate site?

Your test results may be different due to the following reasons:

- Blood circulation differs in different areas of the body; for instance, in the fingertip and in the forearm.
- Differences in the number of small blood vessels, and differences in blood flow rates at different body surface sites, the glucose levels in blood from alternate sampling sites (forearm, and a palm) can be different from fingertip blood glucose levels.
- Blood glucose results from fingertip and alternate sampling sites will most likely be different when glucose levels change rapidly: immediately after a meal, after insulin doses, or after vigorous exercise.
- When drawing blood from the fingertip, low blood glucose (hypoglycemia) might be detected earlier than when testing blood from the forearm or palm.

How can you get a sample from alternate sites?

To assure correct and appropriate use of your Lancing Devices from Bayer, please consult your doctor, healthcare professional, or meter manufacturer.



Ascensia® MICROLET® Lancing Device with Clear Alternate Site Testing endcap for palm and forearm testing. (for use with Ascensia® CONTOUR® Meter only)



Ascensia® MICROLET VACULANCE® Lancing Device for palm, and forearm. (for use with CONTOUR®, BREEZE®, and BREEZE®2 Meters)