

# Preparing to Get an Adequate Blood Sample for Testing

To get an accurate reading of your blood sugar, it's important to apply a large enough blood sample to the test strip. Be aware that some test strips require a larger sample than others.

Here are a few tips to help you prepare:

- Stay hydrated by drinking plenty of water before testing.
- Wash your hands in warm water, and dry them vigorously with a clean towel. Both of these help stimulate blood flow to the hands.
- Dangle the hand you'll be testing down at your side, and shake or wiggle your fingers.
- Wrap a flattened rubber band, a piece of shoelace, or a bit of soft cord or elastic around the middle segment of the finger you'll be testing, to help hold blood in the fingertip. Remove the wrap immediately after lancing.
- If your lancet device is adjustable, set it to penetrate the skin deeper.