

**ASCENSIA**  
HEALTHFACTS

# Alternative Site Testing (For Type 2 Diabetes)



Bayer HealthCare

# Alternative Site Testing

## A users' guide

### What is Alternative Site Testing?

Alternative site testing for blood glucose uses a sample from body areas others than the fingertip. Examples of alternative sites for blood glucose sampling are the forearm, thigh or abdomen (belly).

### Why would you want to test from alternative sites?

There are several reasons why you would take samples from sites other than the fingertip:

- It usually hurts less (fingertips are among the most sensitive areas of the body)
- To give your finger tips a rest, especially if you test several times a day
- For occupational reasons: manual workers, caterers, musicians, typists and others who frequently work with their hands will want to protect their fingertips from over use.





## How can you get a sample from alternative sites?

This is most easily performed using a vacuum assisted device such as the Microlet® Vaculance™.

## Will the results be the same?

They 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.
- Due to differences in the numbers of small blood vessels, and differences in blood flow rates at different body surface sites, the glucose levels in blood from alternative sampling sites (forearm, thigh, abdomen, etc.) can be different from fingertip blood glucose levels.
- Blood glucose results from fingertip and alternative sampling sites will most likely be different when glucose levels are changing rapidly: immediately after a meal, after insulin doses or after vigorous exercise.
- When drawing blood from the fingertip, low blood glucose (hypoglycaemia) might be detected earlier than when testing blood from the forearm or other body sites.

## When and when not should you use Alternative Site Testing?

It is very important that you take the following guidelines into consideration when using the Microlet® Vaculance™ Lancing Device:

- Alternative site blood glucose testing (using capillary blood from body sites other than the fingertip), should not be done in the two hours immediately after a meal, after taking insulin or after exercise.
- Should you get alternative site blood glucose results that don't agree with how you feel, a fingertip blood glucose test is strongly recommended.
- If you have had episodes of low blood glucose in the past and had to be told by others (you did not feel hypoglycaemic), you should always do your blood glucose testing on fingertip blood.
- If you expect changing blood glucose results, need to detect hypoglycaemia as early as possible, are involved in risky activities (driving a car, working with machines, etc), or use an insulin pump you should do your blood glucose testing with fingertip blood.

**Now approved for  
Alternative Site Testing\***



ASCENSIA  
**CONTOUR**  
Blood Glucose Monitoring System

The ideal partner to  
Ascensia™ MICROLET® VACULANCE®  
for Alternative Site Testing  
and Less Pain

\*FDA approval received May 2002

To assure correct and appropriate use of the Ascensia™ MICROLET® VACULANCE™ Lancing Device, please consult your doctor or diabetes nurse.

To purchase an Ascensia™ MICROLET® VACULANCE® Lancing device please contact:

In the UK: Ascensia™ DIRECT, Tel 01473 219501

In the republic of Ireland: Bayer Diagnostics, Tel Dublin 630 5330



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