

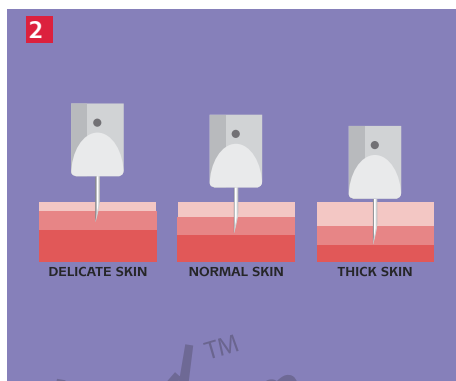
# How to sample effectively

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



**2.** Load the lancet into the lancing device in the usual way and set the device.

All modern lancing devices offer a choice of needle penetration depths, shallow penetration for delicate skin, normal penetration for normal skin and deeper penetration for thicker skin. Select the depth which gives you adequate blood flow with minimum discomfort.



**3.** Select a site on the outer edge of any of the fingers as indicated by the shaded areas (select which finger to sample from according to personal lifestyle) and, placing the platform of the device firmly against the finger, take the sample.

*Some devices allow samples to be taken from alternative body sites (these will be indicated in individual device instructions). Compatible Unilet lancets are suitable for use in alternative areas with such devices.*



**4.** Wait for a moment to allow the blood to flow freely to the site of puncture, then milk the finger from the bottom upwards, to obtain a good sample.

*Always try to rotate to different fingers between samples to avoid sore fingers.*



***For improved comfort & performance always use a new sterile Unilet lancet every time you sample!***

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San Diego, CA 92121  
tel 858-481-5031  
toll free 888-882-7739  
www.cliawaived.com