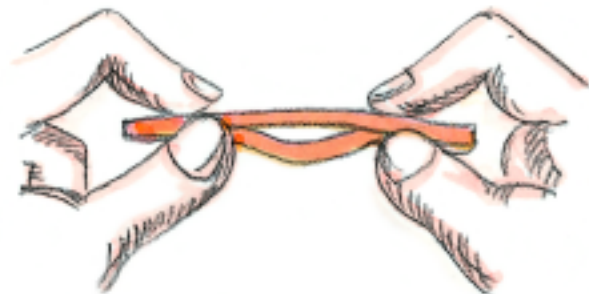


RUBBER BAND TOURNIQUET TRICK

This trick helps many people get a large enough drop of blood for an accurate blood glucose check. All that is needed is a fairly large rubber band and a certain amount of manual dexterity. Note that the trick does NOT involve sticking your finger through the rubber band and looping it around. Here's how it's done:

1. Pinch the "hole" of the rubber band shut so you have two parallel lengths of rubber.



2. Wrap the double strip of rubber once around the middle section of your finger.



3. Pull the rubber band so it fits snugly enough to restrict circulation but not so tightly as to cut off circulation completely. Hold the overlapping area together with your thumb, leaving the other hand free to lance your finger.



4. When your finger becomes engorged with blood, lance it, then release the rubber band by lifting your thumb, making sure not to disturb the drop of blood. If you need to, you can milk your finger by squeezing and pulling from the base of the finger (where it attaches to the hand) toward the tip. Do not squeeze the very tip of your finger.