Thumb-Guide Method: Applying Blood Sample to Glucose Testing Strip with Low/No Vision

Many people with low vision or no vision are successful in getting a blood sample onto their blood glucose monitor test strip with the following technique I developed:

Thumb-guide method:

1. Gather all of your needed diabetes testing supplies
2. Wash your hands
3. Prepare your lancing device
4. Insert monitoring strip into your glucometer
5. Place your thumb on the finger pad of the chosen finger (both the finger and thumb are from the same hand) and apply slight pressure
6. Place this hand on a hard surface to help stabilize and do not move your thumb until after the blood sample has been obtained
7. Using your free hand, pick up your lancing device and place it on your thumb nail and slide it down until it makes contact with the finger pad of the finger you are pricking
8. Prick finger and remove lancing device, but do not move your thumb
9. Using your free hand, pick up your glucometer and hold it like a pen with the end of the strip facing down. Place the end of the strip on your thumb nail and slide it down until it makes contact with the pad of the finger you just pricked and hold it in place for about 3 seconds
10. If a blood sample is not obtained move the end of the strip to another spot, make contact with the finger pad, and hold it in place for about 3 seconds (be sure to not slide the strip on your finger, rather, pick it up and move it to another position on your finger pad)
11. Continue steps 9 and 10 until the blood sample is obtained

This technique helps to ‘milk’ your finger tip by applying slight pressure to the finger pad giving you a greater chance of having a blood sample large enough to test. It also provides a landmark and smaller surface area to explore with your test strip which increases your chances of locating the blood sample.

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