**Top tips for fingerprick-testing – a step-by-step approach**

1. Wash your hands in warm water and dry thoroughly.
2. Hang your hand down by your side for 30 seconds.
3. Lance your finger and wait for a couple of seconds.
4. Gently message the side of your finger from the base to the tip.
5. Allow a large, hanging drop of blood to form at the puncture site.
6. Apply the sample to the target area of the strip, keeping the finger in a downward position.
	* + Blood may be applied to the side of the test strip also (absorbed by capillary action)
7. Ensure that blood is applied to the test strip within 15 seconds of pricking the finger.
8. If the test is unsuccessful
	* + (e.g. not enough blood applied to the strip), repeat the procedure using a different finger. DO NOT attempt to use the same puncture site as this may result in inappropriate INR readings.