

Instructions for use

1 Preparation

Do not open the sealed foil pack until you are ready to carry out the test.

Have a clean tissue ready, plus a watch with a second hand.

Open the sealed foil pack carefully, tearing from the notch provided.

Take the test strip out of the foil pack and put it on a flat surface. Discard the unopened desiccant (a small white package), which protects the test from humidity, with your regular household waste. Have also 1 of the colour charts prepared.

2 Using the lancet

Please study the following illustrations and read the explanations carefully before taking a blood sample in order to ensure optimum test performance.

Do not use the lancet if its extension has been removed or damaged. Wash your hands well with soap and warm water (in order to increase blood flow to your finger) and dry thoroughly. If you are using an alcohol swab, make sure that the site to be pricked is completely dry before using the lancet.



2a The lancet consists of a housing which contains the puncturing device. The trigger (which looks like a lever) is on the upper side of the lancet and releases the puncturing device. The front end of the lancet is hidden and protected by a protective cap.

2b Separate the protective cap through a complete revolution. During the rotation, do not press on the lever, otherwise the lancet will get released.

2c As the safety cover is loose, carefully remove it and put it aside. The lancet now is ready to use.

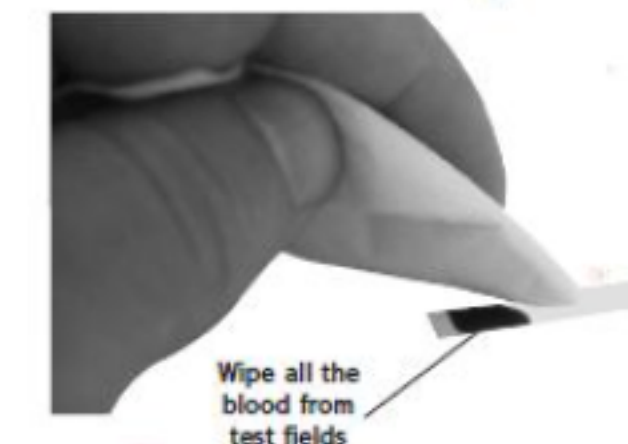
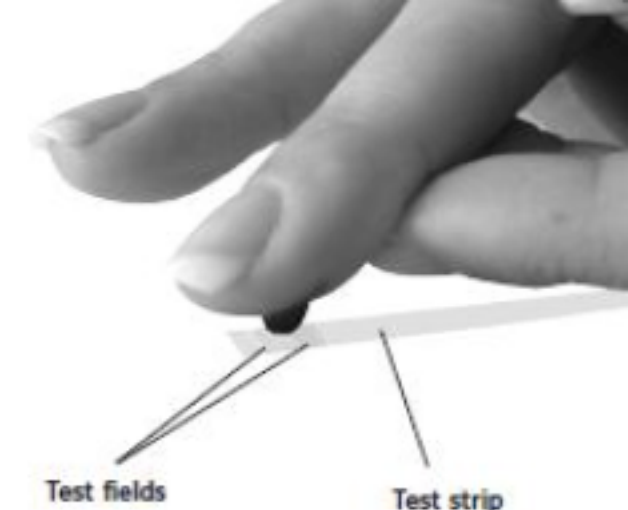
2d Press the opening (the place from which you have removed the safety cover) firmly against your middle fingertip and fully depress the lever. The lancet inside will prick your finger. Now, with your whole arm hanging down and your pricked finger pointing downwards, wait until a big drop of blood has formed. It may be necessary to squeeze on both sides of your finger as illustrated.

3 As shown in the illustration, allow one large drop of blood to fall on both test fields on the test strip. Do not touch the test fields, and ensure that both areas are completely covered with a drop of blood.

Now wait exactly 30 seconds. (Test readings may be too high if you wait too long, or too low if you do not wait long enough.)

4 Then, as shown in the illustration, wipe all the blood away from the test fields using a clean paper tissue. No residue of blood should be visible.

Wait 60 seconds for the colours to develop. While waiting, you can cover your punctured finger with the plaster provided. (Test readings may be too high if you wait too long, or too low if you do not wait long enough.)



5 Test Results

You should now assess your blood sugar level within the next 30 seconds. To do this, put the test strip where the colours of the test fields are the same as those printed on the colour chart. (Generally, it is easier to assess the red-dyed test area.)

The result is indicated under the colour fields. If the colours of the test fields lie between two fields on the colour chart, this means that your blood sugar level is between those two values.

The test is invalid if the test areas have not changed to blue or red. Possible reasons for an invalid test result include a damaged foil pack, a damaged test area, improper storage or a mistake when performing the test. Please keep all test components and contact the manufacturer.



Your blood sugar can be considered within a normal range for adults and children above the age of 7 if the reading is between 4 mmol/L (72 mg/dL) and 6 mmol/L (108 mg/dL). If this is the case, you can use the second test set a few days or weeks later in order to confirm the reliability of your result.

If your test result is clearly below 4 mmol/L (72 mg/dL) or above 6 mmol/L (108 mg/dL), your blood sugar levels would appear not to be within the normal range. Wait a few days and perform the test again using the second set. If the reading is again outside the normal range, consult your doctor for a detailed assessment of your blood sugar levels.

After 2 minutes, the test results can no longer be interpreted reliably. Please discard the test strip once you have assessed your test result. But before discarding the test strip with your household waste, please make a note of the mmol/L and mg/dL readings for discussion with your doctor.