

## Instructions for use – Please read carefully before carrying out the test

### 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. The test card is partially made of paper and may be damaged if the pack is opened hastily.

Take the test card out of the foil pack and put it on a flat surface. Discard the unopened desiccant (a small white package, this protects the test from humidity), with your regular household waste.

### 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 otherwise 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 Blood sample

Allow one big drop of blood to fall on the test area; *if insufficient blood is used, it might not penetrate the separation membrane.* Ensure that your finger does not touch the test area;

Wait exactly three minutes.

*Test results may be too high if you wait too long, or too low if you do not wait long enough.*

While waiting you can cover the punctured area with the plaster provided.

### 4 Interpreting the test results

Now gently pull the cover off the card starting where indicated with the black bar and the white arrow.

The result indicator will be displayed as soon as the cover is completely removed and the window enables you to compare the colour of the result indicator directly with the colour fields shown on the colour chart.

### 5 Colour Matching

You should evaluate your overall cholesterol level within the next 30 seconds. *(If this takes you longer, the result indicator will start fading and make an accurate reading more difficult.)* To compare the colours, move the colour chart until it shows the colour or colour intensity that corresponds best to the colour / intensity of the result indicator. *(If you find it difficult to determine which colour field matches apply the principle of elimination, determining which colour field definitely does not match, until only one field is left.)*

Then turn the whole card over to find on the back of the card two small windows in the guides of the colour chart. In those windows your estimated cholesterol level is displayed in mg/dl on the left side and in mmol/l on the right side respectively.

#### Invalid test

The test is invalid if the result indicator has not turned green/blue. Possible reasons for an invalid test result include a damaged foil pack, improper storage or a mistake when performing the test. Please keep all test components and contact the distributor.

#### Normal Cholesterol

Normal readings for adults are up to 200 mg/dL (5.2 mmol/L). Your cholesterol level is most likely in the normal range if your reading shows values up to 200 mg/dL.

#### High Cholesterol

High levels are values above 200 mg/dL (5.2 mmol/L). Your cholesterol level is most likely high if your reading shows values above 200 mg/dL. *(This is also the case if you have had difficulty deciding between the 200 mg/dL and the 225 mg/dL colour range.)* If your level appears raised, contact your doctor in order for your cholesterol level to be more accurately assessed.



Move colour chart until colour fits



Turn card over

Read result on the back

