

Living Well with Diabetes

How to use your blood glucose meter

What you need to test your blood glucose

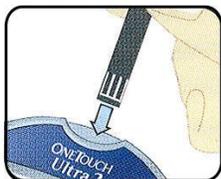
Your starter kit includes the following:

- Blood glucose meter
- Lancing device
- Vial of test strips
- Lancets

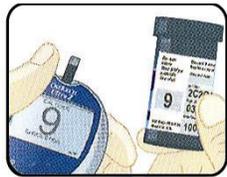


Before you start

- You may need to set the date and time on the meter
- Wash and dry your hands thoroughly with warm water.



- Insert a new test strip into your meter. Place the end of the strip with the 3 contact bars as far into the meter as it can go. Your meter will turn on automatically and display a number code.
- Check the code to make sure it matches the number code on the vial of test strips.



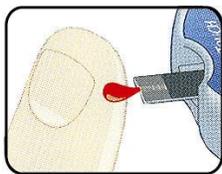
Note: If the number code on your meter doesn't match the number code on your test strip vial, you won't get an accurate reading. If the numbers don't match, follow the instructions that came with your meter to change the meter. code.

Getting test results

Step 1: Get a blood sample

Use your lancing device and a new lancet to get a drop of blood from your fingertip. Some people find that getting a blood sample from the side of their fingertip, rather than the top, makes it easier to apply the blood to the test strip.

Step 2: Apply blood to strip



Apply the blood droplet to the test strip when the blood droplet symbol appears in your meter window.

Touch and hold the drop of blood to the narrow channel at the top edge of the test strip.

Make sure that the channel in the strip is completely full. This ensures that your meter has a large enough blood sample to give you an accurate reading.

- If your sample doesn't fill the channel, add more blood to that strip within 5 seconds. If you get an error reading, discard the strip and start again.

Step 3: Read the result

Your meter will count down and display the result of your blood glucose level.

If you have any questions or concerns, contact LifeScan 1-800-227-8862.

Artwork is courtesy of LifeScan, Inc.