

# Read Me First Getting Started Guide

**FreeStyle**  
**FLASH**  
Blood Glucose Monitoring System



**IMPORTANT:** To ensure accurate results, wash your hands and test site (for example, your forearm) with soap and water. Make sure there is no cream or lotion on the test site. Thoroughly dry your hands and test site.

## 1 Set-up the FreeStyle Lancing Device



**1** Snap off the cap on the lancing device at an angle.



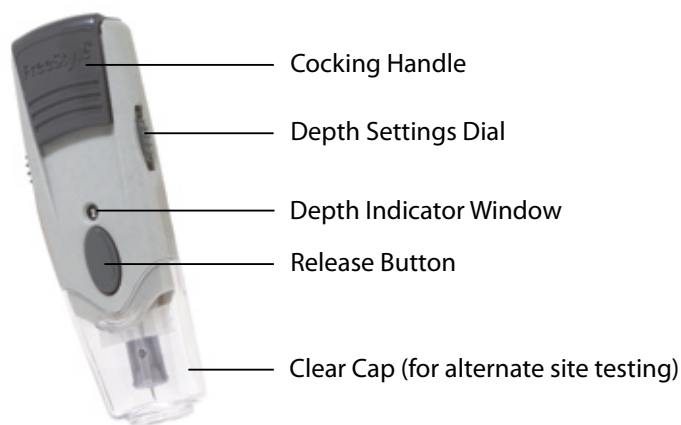
**2** Insert a new FreeStyle Lancet firmly into the white lancet-holder cup.



Hold lancet firmly in place with one hand. Use your other hand to twist off rounded top of lancet.



**3** Replace the cap until it snaps or clicks into place. Be careful not to touch the exposed needle on the lancet.



**4** Look in the window of the lancing device and turn the settings dial to set the depth level. Start at 2.



**5** Cock device, by pulling out dark grey handle. You may have already cocked the device when you inserted the lancet. Set lancing device aside, proceed to the next step.

## 2 Prepare Your FreeStyle Flash Meter



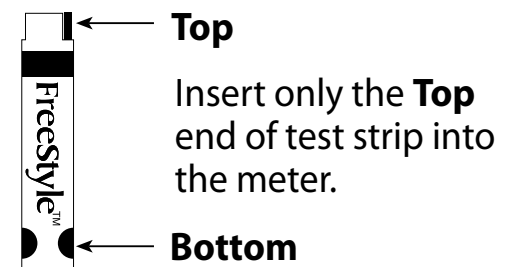
CODE 27

**IMPORTANT:** The code number on the meter display should match the code number on the test strip vial. They must always match, or your results will be inaccurate.

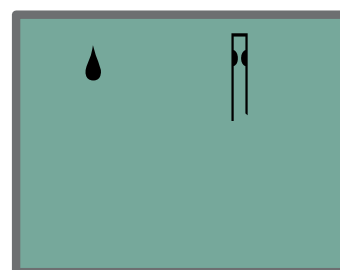
Be ready to adjust the code on the meter display to match the code on the test strip vial.



**1** Insert a new test strip into the meter every time you test. The meter will turn on.

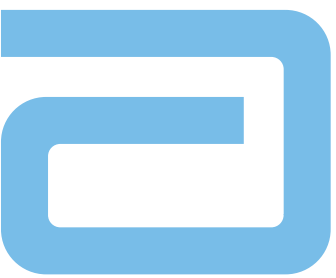


**2** As soon as you see the code number on the meter display, use the "c" button to scroll up or the "m" button to scroll down to the number that matches the number on your test strip vial. The picture to the left is an example. Your meter may have a different number.



**3** Wait until you see the blood drop and test strip symbols appear on the meter display screen before lancing your test site. Set meter aside and proceed to the next step.

Continue to Step 3 →



# Read Me First Getting Started Guide

**FreeStyle**  
**FLASH**  
Blood Glucose Monitoring System



**IMPORTANT:** Use the clear cap for testing on your forearm, upper arm, hand, thigh, or calf.



## 3 Get the Blood Sample



**1** To bring fresh blood to the surface of the test site, rub the test site vigorously for a few seconds until you feel it getting warm.



**2** Hold the clear cap down against the top of your test site. Depress the release button. Do not lift up. Continue to hold the lancing device and gradually increase pressure for several seconds.



**3** While holding the lancing device on your test site, look through the clear cap; the blood sample should be about the size of a pinhead (example: •).  
Lift the lancing device straight up; be careful not to smear the blood sample on your test site.

**IMPORTANT:** Avoid lancing areas with obvious veins or moles to avoid excess bleeding.

**IMPORTANT:** Avoid lancing areas where tendons or bones stick out (for example, hand bones and ankle bones).

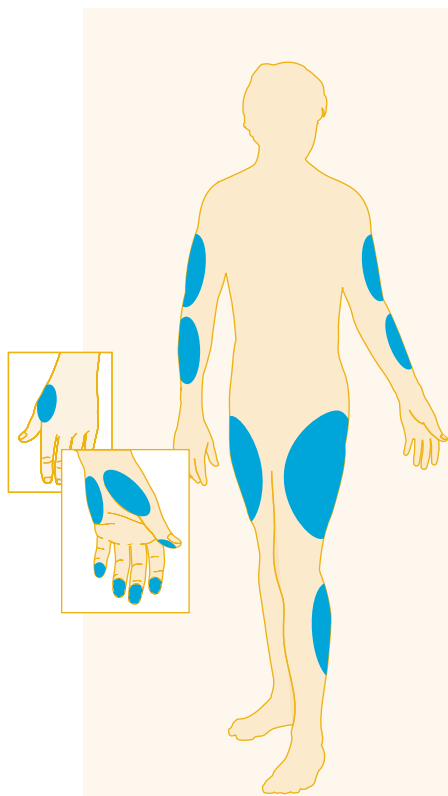
**Continue to Step 4**

*In clinical studies, most people said testing on their forearms was painless. (Data on file at Abbott Diabetes Care.)*

### Test on or off your fingers

The FreeStyle Flash™ system can be used to test your blood glucose from your forearm, upper arm, hand, thigh, calf, as well as your fingers (for more information see your *Owner's Booklet*).

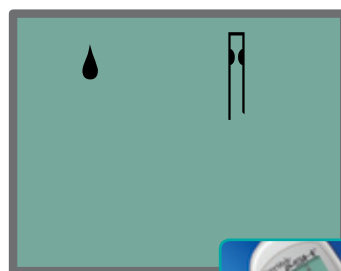
**Warning:** If you are testing for hypoglycemia (low blood glucose), or if you suffer from hypoglycemia unawareness, we recommend that you test on your fingers or palm (at the base of the thumb).



FreeStyle Testing Areas

Refer to your *Owner's Booklet* for complete information about the FreeStyle™ Flash Blood Glucose Monitoring System. ART03162 Rev C 09/05

## 4 Fill Test Strip with Blood



**1** Make sure that the test strip is in the meter and the meter is powered on. (If the meter is in clock mode, take out the test strip and reinsert into the meter.) Leave the test strip in the meter. You are now ready to apply the blood sample.

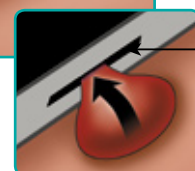


**2** Bring the test strip to the blood sample at a slight angle.

**IMPORTANT:** Use only one Test Strip Edge per test. Do not apply blood to both edges. Test strips may be used only once. Discard used test strips.

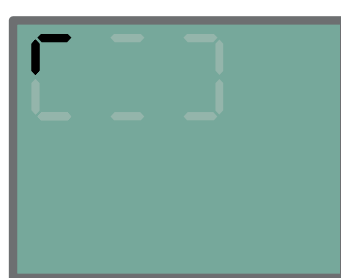


**3** The test strip acts like a sponge and pulls the blood into the strip through the edge.



Edge of test strip

- STOP** Do not press the test strip against the test site.
- Do not** scrape the blood onto the test strip.
- Do not** apply blood to the flat side of the test strip.
- Do not** apply blood to the test strip when the test strip is out of the meter.
- Do not** put blood or foreign objects into the test strip port.



**4** Do not lift the test strip up until you hear one beep or see the short line moving clockwise on your meter screen. This means you have enough blood and the meter is reading your glucose. You can continue to fill the test strip for up to 60 seconds. Just be sure you fill the test strip only from the same edge.



**5** The test result is complete when you hear two beeps. Your blood glucose test result is shown on the display screen.