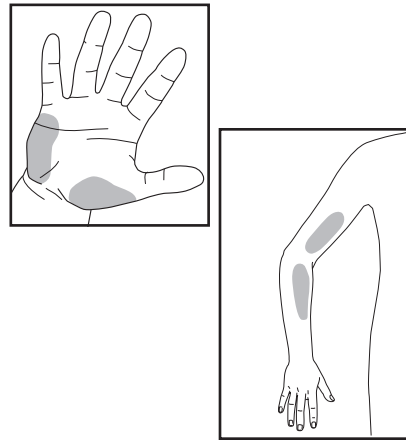


Performing a Blood Glucose Test From an Alternate Site

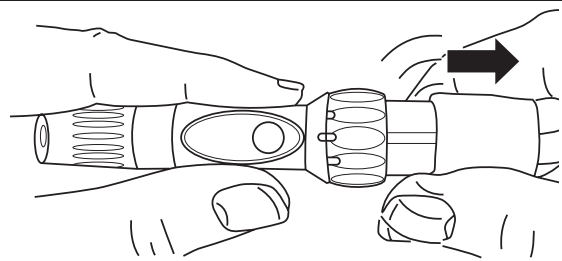
Step 1

Choose a Site: Select a soft, fleshy area on the palm, forearm, or upper arm that is free of visible veins, moles, and hair and away from bone. Wash the area with warm, soapy water. Rinse and dry completely. If you use alcohol wipes to cleanse the site, make sure the area is dry before lancing the site.



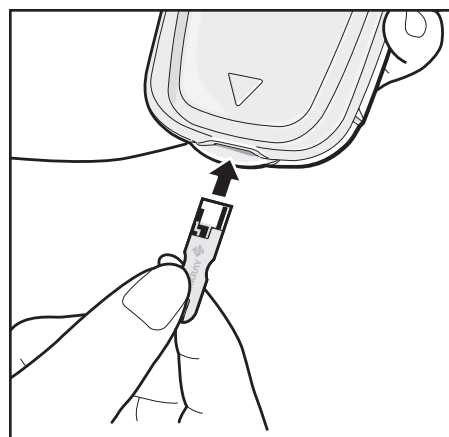
Step 2

Insert lancet and cock lancing device.

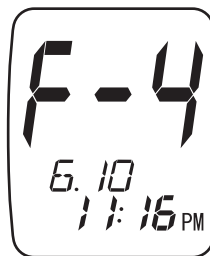
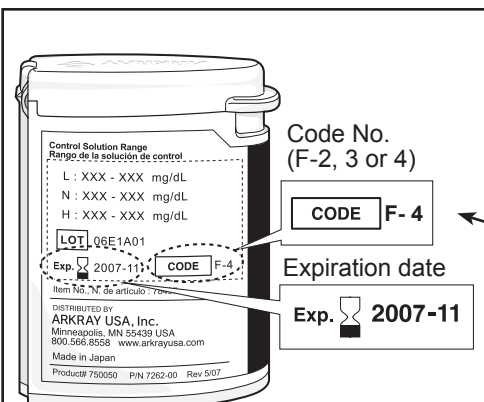


Step 3

Remove test strip from the bottle. Immediately replace the bottle cap tightly. **Insert test strip as shown in diagram.** A beep will sound and the meter will turn on automatically. Verify that all symbols appear on the screen.

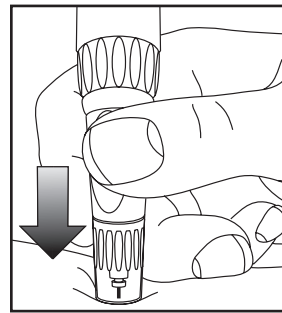
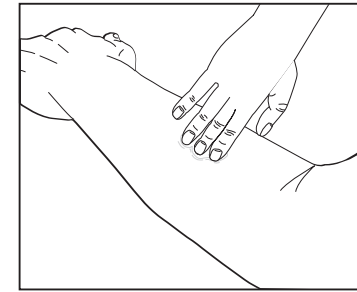


Verify that the code number displayed on the screen matches the code number on the bottle of test strips used.



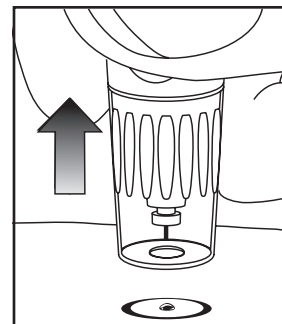
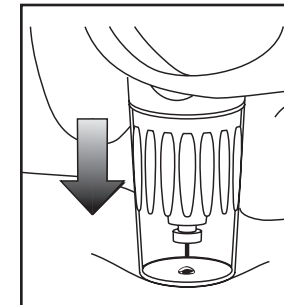
Step 4

a) **PRESS AND VIGOROUSLY RUB** the selected area for **10 SECONDS** until it starts to feel warm to the touch.



b) **Firmly hold the cocked lancing device** against the clean skin for 5-10 seconds.

c) Press the release button on the lancing device to lance the skin. **Continue to hold the lancing device firmly against the skin** until a blood drop forms.



d) Once a large enough drop of blood has formed, remove the lancing device.

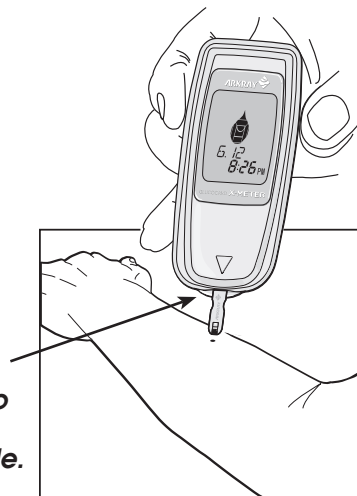
IMPORTANT
Repeat blood draw if fluid is clear.

Step 5

Pick up the meter. Touch the end of the test strip to the blood sample until the reaction site is full. Immediately remove the meter and test strip from the blood drop.

NOTE
If it took longer than **20 SECONDS** to obtain a blood sample and touch the strip to the blood drop, repeat test.

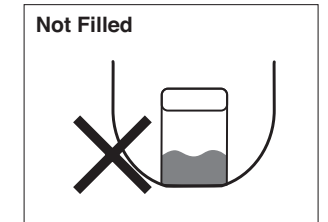
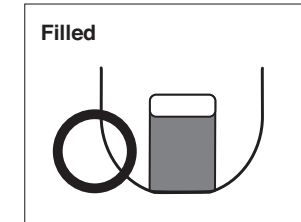
IMPORTANT!
Insert strip **VERTICALLY** into blood sample, **NOT at an angle.**



IMPORTANT

- Was the sample free of clear or watery fluid?
- Was the drop large enough (at least 0.3 µL)?
- Did the reaction site fill with enough blood all at once?

IF NOT, REPEAT TEST.



Step 6

The meter will count down and display result in 5 seconds. **CONSIDER YOUR RESULT.**

REPEAT ALTERNATE SITE TEST:

- IF the blood sample appeared to be diluted with clear fluid.
- IF you did not vigorously rub the test site.
- IF the blood drop was not large enough to fill the reaction site.
- IF the test was accidentally marked as a "Control" result.
- IF your result was not consistent with how you feel.
- IF more than 20 seconds elapsed from sample collection to measurement (evaporation of the blood sample may cause a test result that is higher than the actual value).

Any of the above situations can lead to an inaccurate test result.

If the repeated alternate site result is still not consistent with how you feel, confirm your blood glucose level with fingertip testing.

Step 7

Always **record your results in your self-testing logbook** along with other information such as insulin dosage, diet, and exercise.

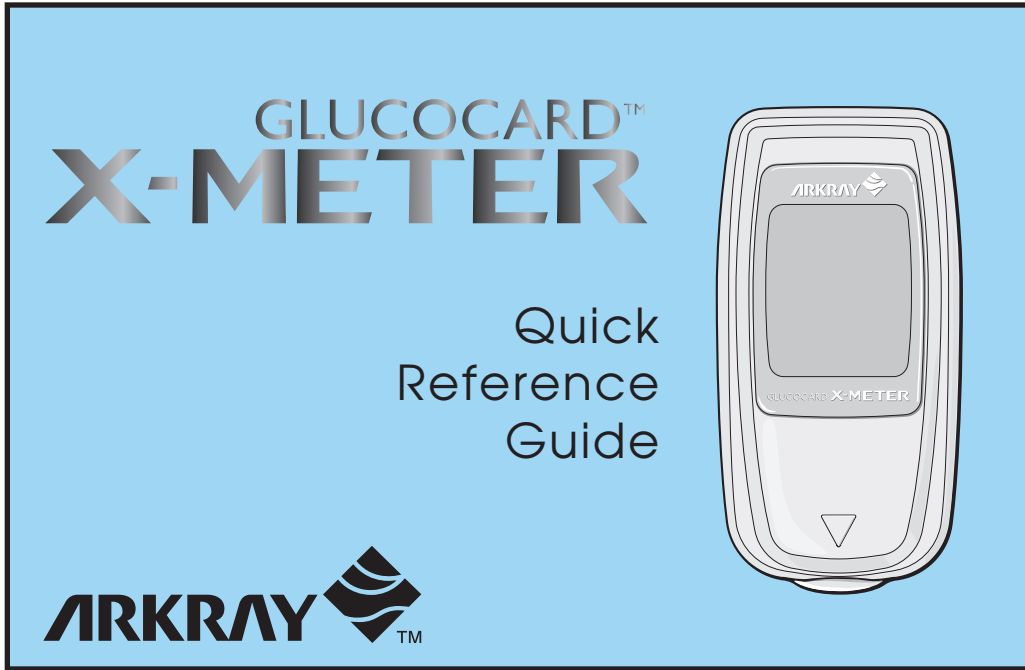
The result is automatically stored in memory with the time and date.

Step 8

Remove the test strip and dispose of it in accordance with local guidelines or as directed by your healthcare professional.

The meter shuts off automatically when the test strip is removed.

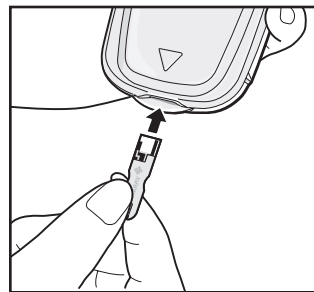
GLUCOCARD™ X-METER Quick Reference Guide



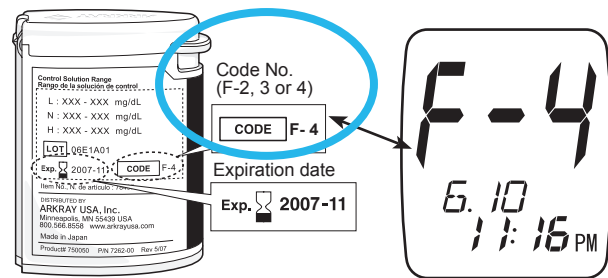
PERFORMING A BLOOD GLUCOSE TEST

Step 1

Remove GLUCOCARD™ X-SENSOR Test Strip from the bottle. Immediately replace the bottle cap tightly. **Insert test strip as shown in diagram.** A beep will sound and the meter will turn on automatically.

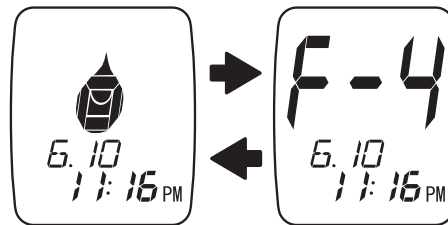


Step 2



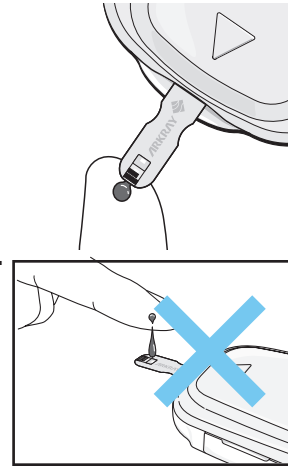
Verify that all symbols appear on the screen.

The beep will sound again. The Apply Blood symbol and the code number (F-2, F-3, or F-4) will alternate on the screen. **Verify that the code number on the screen matches the code number printed on the bottle.**



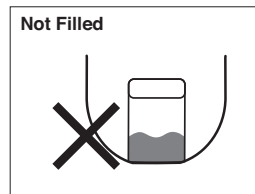
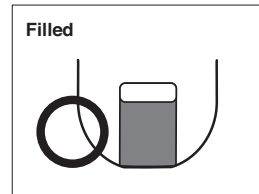
Step 3

Obtain a blood drop. **Apply blood to the end of the test strip.** Capillary action will pull the blood into the strip. The meter will beep when it detects that blood has been applied. The meter will begin to count down. Do not add blood on top of the test strip, as you may receive an inaccurate result.



If meter does not start after adding the first drop of blood, you may apply a second drop within 10 seconds of the first drop. Discard strip if meter does not start to count down after second drop is applied.

Important: Ensure that enough blood is applied to fill the check window and it turns red. When the check window is filled with blood and a beep sounds, remove the tip of the test strip from your finger. If there is not enough blood, "E-7" or "Lo" will be displayed.



If it takes longer than 20 seconds to obtain a blood sample and touch the test strip to the blood drop, repeat step 3.

Step 4

The meter will count down, starting from "5". After 5 seconds, a beep sounds and the test result and date/time are shown.

Results will be shown in units of mg/dL.

Record result in your logbook.



Step 5

When the test is done, pull out test strip. Dispose test strip as per local guidelines. The meter shuts off automatically when you remove the test strip.

Remove lancet from lancing device. Dispose used lancet according to local guidelines.



TROUBLESHOOTING

Refer to the GLUCOCARD™ X-METER user instruction manual for further details.

Battery Symbol

Battery power is too low for testing. Replace batteries immediately. Results may not be accurate when testing with low battery symbol on.



Thermometer Symbol

The meter temperature is outside acceptable range of 50°F-104°F (10°C-40°C). Allow the meter and test strips to warm up or cool down slowly (20 minutes) until the temperature warning symbol goes away.



Error Message E-2

The meter temperature is outside acceptable range of 50°F-104°F (10°C-40°C). Allow the meter and test strips to warm up or cool down slowly (20 minutes) until the temperature warning symbol goes away.



Error Message E-6

Test strip problem. Contact bars on test strip may be dirty. Incorrect test strip used. Used test strip has been inserted. Repeat test with new test strip.



Error Message E-7

Not enough blood added to test strip or incorrect blood application technique. Retest with new test strip.



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