

Quick Reference Guide

Voice Function

Refer to the GLUCOCARD Expression Blood Glucose Monitoring System User Instruction Manual for more details on the voice function for this meter.

Testing Your Blood Glucose

- You will need:
- Your GLUCOCARD Expression meter
 - A new GLUCOCARD Expression test strip
 - Lancing device with a clean, unused lancet (or safety lancets)
 - Clear cap (lancing device) for Alternate Site Testing (AST) on palm and forearm

Important Information on Alternate Site Testing (AST)

The GLUCOCARD Expression Blood Glucose Monitoring System can test blood glucose from areas other than your fingertip such as palm and forearm (alternate site testing, or AST). Alternate site testing can be less painful than fingertip testing, because of the physiological differences between your fingertip, palm and forearm⁽¹⁾; alternate site test results may be significantly different than results from fingertip testing under certain conditions. You should consult with your doctor or healthcare professional before using an alternate site to test.

DO AST ONLY in the following intervals:

- In a pre-meal or fasting state (more than 2 hours since the last meal)
- 2 hours or more after taking insulin.
- 2 hours or more after exercise.

Alternate Site Testing SHOULD NOT be used when:

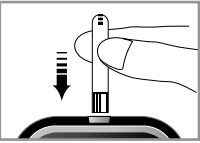
- You are experiencing Hypoglycemic unawareness (unable to tell if you have low blood sugar)
- Within 2 hours of a meal, exercise, or medication
- You will be operating machinery or driving a car.
- You are sick
- You think your blood glucose is low.
- Your AST results do not match the way you feel.
- You are testing for hyperglycemia.
- Your routine glucose results are often fluctuating.
- If you are pregnant.

NOTE:

- Rubbing forearm until warm before lancing will help minimize the difference between fingertip and AST results. The palm (at the base of the thumb) does not require rubbing before testing.
- If results from alternate site testing do not agree with how you feel, repeat test using fingertip testing.

Performing a Blood Glucose Test

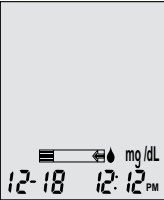
Step 1:
Remove a GLUCOCARD Expression test strip from the test strip bottle. Close the bottle cap immediately. Insert the test strip to turn on the meter.



IMPORTANT:

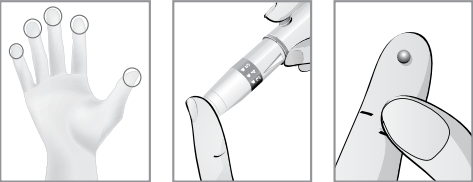
- Check the expiration date printed on the test strip bottle and its package. Do not use expired test strips.
- Use test strip immediately after removing from the bottle.
- Do not use wet or damaged test strips.
- Keep away from direct sunlight and heat. Store the test strip bottle in a dry, cool place.
- Record the “date opened” on the bottle label. Discard the bottle and any remaining test strips after 3 months from date of opening.
- Must insert test strip into the test strip port.
- Must see a flashing blood drop icon when the test strip has been inserted into the test strip port.

Step 2:
A flashing blood drop and arrow icon appears on the meter display screen.



Step 3:
Obtain blood sample.

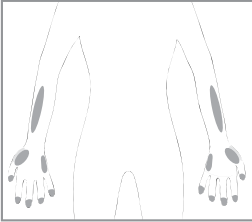
For Fingertip Testing:
Hold the lancing device (use the white adjustable cap) against the side of your fingertip and press the release button.



TIP:

- Gently massage your hand and finger toward the puncture site to form a drop of blood (approximate size ●). Do not “milk,” or squeeze around the puncture site.
- Lance the side of your fingertip to avoid soreness. To avoid calluses, choose a different lancing site each time.

For Testing on Palm and Forearm:
Hold the lancing device (use the clear adjustable cap) against the test site (base of palm or forearm). Avoid a test site that has veins, moles, excessive hair, or bone.



Press the lancing device firmly against the test site and press the release button, hold lancing device in place.

For forearm test sites, apply and release pressure (“pump”) for a few seconds while keeping the lancing device in constant contact with the skin. Palm testing (at the base of the thumb) does not require pumping. When the blood drop is large enough (approximate size ●), lift the lancing device straight up without smearing the blood drop.



NOTE:

- Rubbing forearm until warm before lancing will help minimize the difference between fingertip and AST test results. The palm (at the base of the thumb) does not require rubbing before testing.
- If results from alternate site testing do not agree with how you feel, use fingertip testing.

Step 4:
Gently bring the test strip to the drop of blood at a slight angle. The test strip acts like a straw to pull the blood in. Keep the test strip in the blood drop until the meter beeps to indicate the test strip has enough blood.



Step 5:
The screen will start to count down. After 6 seconds, your glucose test result will appear on the meter display screen. Your test result will be automatically stored into the meter memory.



CAUTION:

- If you see “HI” or “LO” displayed, your blood glucose level may be above 600 mg/dL or below 20 mg/dL. Test again using fingertip testing, DO NOT test on forearm. If you receive the same result, call your physician or healthcare professional immediately.

Step 6:
Remove the used test strip into proper waste container. The meter will automatically shut off.

Step 7:
Remove the used lancet from your lancing device according to instructions and discard into proper waste container.

IMPORTANT:

- You should consult your healthcare provider for instructions on how to properly dispose of used test strip.

1. Jungheim K., Koschinsky T.: “Risky delay of hypoglycemia detection by glucose monitoring at the arm.” Diabetes Care 2001;24(7):1303-04.

Solving Problems		
Refer to the GLUCOCARD Expression Blood Glucose Monitoring System User Instruction Manual for more details.		
What you see	What it means	What you should do
	The meter electronics or test strip is damaged	• Remove the battery and turn on the meter. • Remove the test strip and insert a new test strip. • If problem persists, call 1-800-566-8558 (USA and Canada only).
	Used or damaged test strip	Repeat the test with a new test strip. Remember to add sample until you see the prompt on the display screen or the meter verbally prompts you to add sample.
	Not enough sample on the test strip to start	Remove the test strip and repeat the test with a new test strip.
	Batteries are low	Change the battery
	Temperature is out of range	Move the meter into an area that is between 50°F~104°F, and allow 10 to 15 minutes to reach the new temperature.
	Test result is higher than 600 mg/dL	Wash and dry your hands and repeat the test on your fingertip with a new test strip. If the result is still “HI,” contact your physician or healthcare professional immediately.
	Test result is lower than 20 mg/dL	Wash and dry your hands and repeat the test on your fingertip with a new test strip. If the result is still “LO,” contact your physician or healthcare professional immediately.
	There are no stored results in the meter	Check if the date and time on your meter is set.