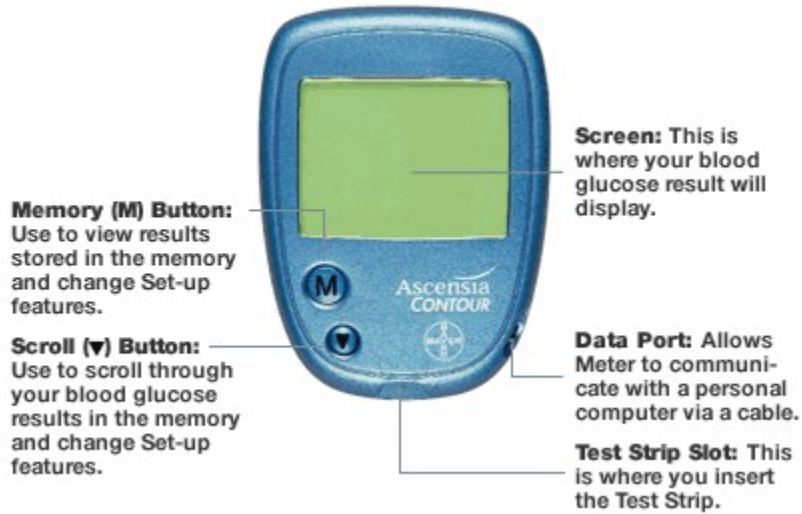
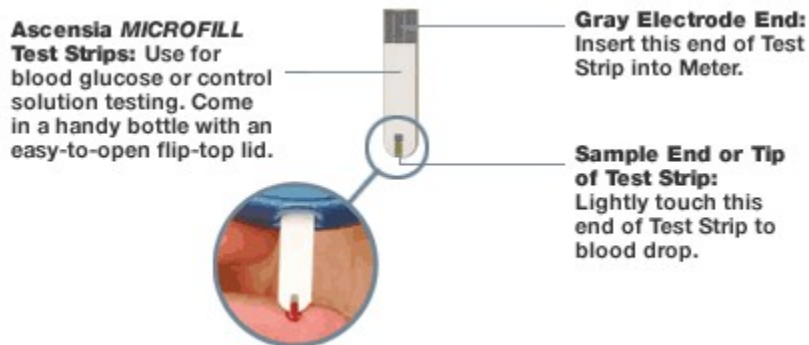


## The Ascensia® CONTOUR® Meter



## The Ascensia® MICROFILL® Test Strip



*If you use Extraneal peritoneal dialysis solution, you should not use the Ascensia CONTOUR System to test your blood glucose. Please discuss your testing method with your doctor. The Ascensia BREEZE and the Ascensia ELITE Systems use a different method of measuring blood glucose, and may be recommended for you instead.*

## The Ascensia® CONTOUR® Meter Display Segments



- A. **Apply Sample:** When your Meter is ready for you to apply a sample of blood or control solution, it will show you this picture of a blood drop being "sipped" into the Test Strip.
- B. **Temperature Symbol:** If you see this on your screen, you will know that it is either too cold or too hot for your Meter to test accurately.
- C. **Low Battery Symbol:** This is the symbol you will see when the battery life is low. Replace batteries.
- D. **Control Marker:** This ✓ is the Meter's way of telling you it has detected Control Solution. **Note:** The ✓ does not indicate the Control Test result is within the specified range.
- E. **Units-of-Measure:** Blood glucose results can be displayed either in milligram per deciliter (mg/dL) or millimole per liter (mmol/L) depending on the country where you live.
- F. **Average:** This "A" is used when displaying the 14-day average.
- G. **Date Format:** The date can be displayed either as month/day (m/d) or as day.month (d.m) depending on the country where you live.
- H. **Date:** The month and day are displayed here.
- I. **Beeper:** This picture will tell you if the beeper is on or off.
- J. **Time:** The hour, minutes and AM/PM are displayed here.
- K. **Results/Errors:** This is the area where your test results or any possible error codes will be displayed.

## ■ Testing Your Blood Glucose - Finger Tip Testing

1. Wash your hands thoroughly with soap and warm water.
2. Rinse your hands and completely dry them.
3. Open the Ascensia® MICROFILL® vial and remove one test strip.
4. Hold the round end of the test strip with the gray electrode side up.
5. Insert test strip into the meter until it stops.  
*The meter will run a quick self-test and then prompt you to apply blood by showing you a picture of a blood drop being "sipped" into the test strip.*
6. Remove the endcap from the **Ascensia® MICROLET® Device**.
7. Insert lancet firmly until it comes to a full stop. This will "cock" the device.
8. Twist off lancet cap.
9. Replace the endcap.
10. Press the Ascensia® MICROLET® Device firmly against puncture site and press button to release. Form a small drop of blood.

11. Bring the tip of the test strip to lightly touch the drop of blood. Hold until the meter beeps.  
*The blood is automatically pulled into the test strip through the tip.*
12. Wait for the meter to count down the 15 seconds until the test is complete and test result appears on the display.  
**Caution: If you see "HI" or "LO" displayed, your blood glucose level may be above 600 mg/dL (33.3 mmol/L) or below 10 mg/dl (0.6 mmol/L). Repeat test. If you receive the same result, call your physician or healthcare professional immediately.**
13. To turn the meter off, simply remove the used test strip. Your test result will automatically be stored in memory.

**Caution: Dispose of the used Test Strip and lancet carefully to prevent injury or contamination to others.**

**Helpful Hint:** You should always turn your meter off by removing the Test Strip following a test. This will conserve your battery power. However, if you forget to turn the Meter off, the meter will turn itself off after three minutes.