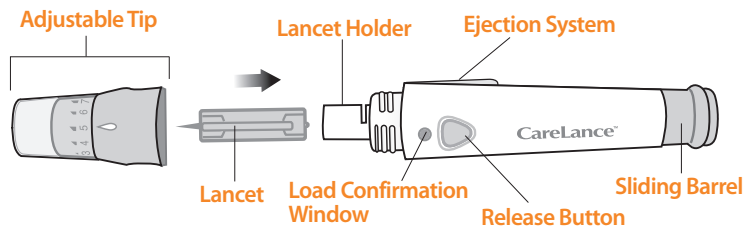# Using the Lancing Device

You will need a lancing device in order to collect a blood sample.
You may use CareLance contained in the CareSens N POP Blood Glucose Monitoring System or any other medically approved lancing device.

Adjustable Tip · Lancet Holder · Ejection System · Lancet · Load Confirmation Window · Release Button · Sliding Barrel

- The lancing device should not be used by more than one individual. Ensure the lancing device is not shared among different users.
- Use a soft cloth or tissue to wipe the lancing device. If necessary, a small amount of alcohol on a soft cloth or tissue may be used.

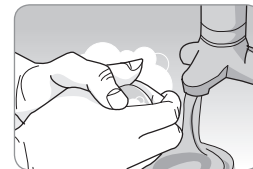**Caution:** To avoid infection when drawing a sample, use a lancet only one time, and:
- Do not use a lancet that has been used by others.
- Always use a new sterile lancet.
- Keep the lancing device clean.

Note: Repeated puncturing at the same sample site may cause pain or skin calluses (thick hard skin). Choose a different site each time you test.
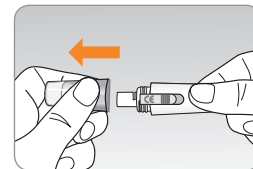
Preparing the Lancing Device

Step 1

Wash hands and fingertip sample site with soap and warm water. Rinse and dry thoroughly.
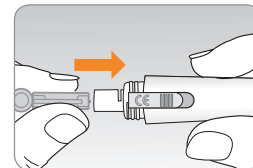
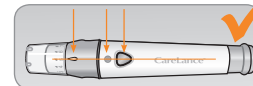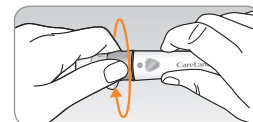### Step 2

Unscrew and remove the lancing device tip.

Step3

Firmly insert a new lancet into the lancet holder. Hold the lancet firmly. Gently twist to pull off protective disk. Save disk to recap lancet after use. Replace lancing device tip.
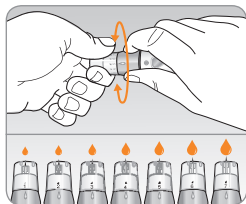
Step4

Turn the adjustable tip until it is aligned with the load confirmation window and release button as shown in the diagram.

Step 5

Select a desired depth of one-to-seven (1-7) on lancing device's adjustable tip. Choose a depth by rotating the top portion of the adjustable tip until the setting number matches the arrow.
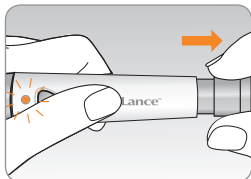
Note:
1 = least penetration of lancet into the skin.
7 = most penetration of lancet into the skin.

Step 6

To cock the lancing device, hold the body in one hand. Pull the sliding barrel with the other hand. The lancing device is cocked when you feel a click.
The device is loaded when you feel a click and the load confirmation window turns red.

Note: The skin depth to get blood samples will vary for various people at different sample sites. The lancing device's adjustable tip allows the best depth of skin penetration to get an adequate sample size.

Preparing the Meter and Test Strip

Step 7

Insert a test strip with the contact bars facing upwards into the meter's test strip port. Push the strip in gently until the meter beeps. Be careful not to bend the test strip. The ♠ symbol will appear on the screen.

Marking Post-meal Test Results

The CareSens N POP meter allows you to mark a result of a post-meal test with (🍴) symbol. The post-meal test mark (🍴) can be attached just before applying the blood sample. Once you attach the post-meal mark (🍴) to the test results, it cannot be deleted.

Step 8

If you want to attach a post-meal mark (🍴) to a test result, press and hold ⟫ for 3 seconds after inserting the test strip. The post-meal mark (🍴) and the ♠ symbol will appear on the screen.
The test result will also be displayed with the post-meal mark (🍴). If you do not want to save the result as a post-meal test, move on to step 9 after step 7.
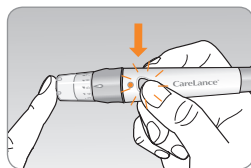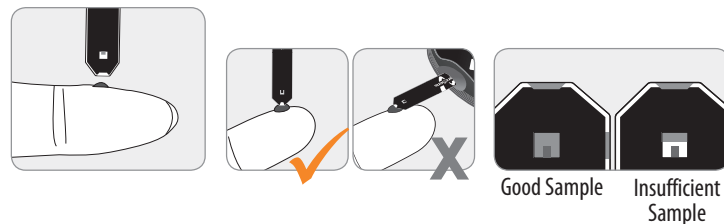
Applying Blood Sample

Step 9

Obtain a blood sample using the lancing device. Place the device against the pad of the finger as shown in the diagram. Press the release button. Remove the device from the finger. Wait a few seconds for a blood drop to form. A minimum volume of 0.5 microliter is needed to fill the confirmation window. (actual size of 0.5 µL: ●)

Step 10

After the ♠ symbol appears on the screen, apply the blood sample to the narrow end of the test strip till the meter beeps. If the confirmation window is not filled in time because of abnormal viscosity (thickness and stickiness) or insufficient volume, the Er4 message may appear.

It is recommended that the application of blood sample to the test strip be performed virtually vertical to the sample site as shown in the diagram below.

Good Sample   Insufficient Sample

Note: The meter may switch off if the blood sample is not applied within 2 minutes of the ♠ symbol appearing on the screen. If the meter turns off, remove the strip and reinsert after switching on the meter.

Step 11

The test result will appear after the meter counts down from 5 to 1. The result will be automatically stored in the meter's memory.
If the test strip is removed after the test result is displayed, the meter will automatically switch off after 3 seconds.
Discard used test strips safely in appropriate containers.