ACCU-CHEK® Instant

Roche

QUICK REFERENCE GUIDE

Connectivity to the mySugr® app

mySugr

Meter button

Target Range Indicator

Strip ejection button

Strip port

Test strip

⚠ WARNING

The Accu-Chek Instant meter and Accu-Chek FastClix finger pricker are intended for patient self monitoring by an individual person only. They must not be used to test blood glucose from more than one person as they do not incorporate any features to guard against cross-infection.

⚠ WARNING

This Quick Reference Guide does not replace the detailed User Manual for your Accu-Chek Instant blood glucose monitoring system. Be sure to comply with the safety information in the User Manual and in the package insert of the test strip.

PERFORMING A BLOOD GLUCOSE TEST WITH BLOOD FROM YOUR FINGERTIP

NOTE

- You need the meter, Accu-Chek Instant test strip, and a lancing device with a lancet inserted to perform a blood glucose test.
- A blood glucose test cannot be performed while the meter is connected to a PC with a USB cable.

1

Wash your hands with warm soapy water and dry thoroughly. Prepare the lancing device.

2

Check the use by date on the test strip container. Do not use test strips past the use by date.

3

Remove a test strip from the test strip container. Close the cap tightly.

4

Insert the metallic end of the test strip into the meter. The meter turns on.

5

When a flashing drop symbol appears, perform a fingerstick with the lancing device.

6

Gently squeeze your finger to assist the blood flow. This helps you get a blood drop.

7

Touch the yellow edge of the test strip to the blood drop. Do not put blood on top of the test strip.

8

Remove your finger from the test strip when the flashing hourglass symbol appears. Failure to move your finger away from the test strip could give inaccurate test results.

9

Your test result appears with an arrow. This arrow shows if your test result falls above, within, or below the target range.* The target range is represented by the green region of the target range indicator. The arrow will flash if your test result falls above or below this range.
Remove and discard the used test strip by pulling the test strip out of the meter or by pushing the test strip ejector on the side of the meter.

Blue
Test result is above the target range.

Green
Test result is within the target range.

Red
Test result is below the target range.

Press to eject test strip
A strip ejector for quick, hygienic removal.

*The target range is set by default at 3.9–8.9 mmol/L. To change the target range, pair the meter to a mobile device, or connect it to a PC with diabetes management software installed.
Consult your healthcare professional before changing the target range.

SETTING THE TIME AND DATE

1

Press up ▲ to turn the meter on.

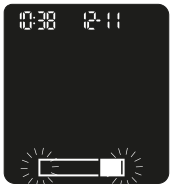
2

Press and hold down ▼ until **set-up** appears on the display. The hour flashes. Press up ▲ to increase the hour or press down ▼ to decrease the hour.

3

Press and hold up ▲ to set the hour and move to the next field. The minutes flash. Press up ▲ to increase the minutes or press down ▼ to decrease the minutes.

4



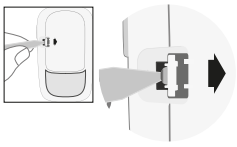
Repeat step 3 to adjust each field. After setting the year, press and hold up ▼ until the flashing test strip symbol appears to save your settings.

NOTE
The meter prompts you to set the time and date the first time you turn the meter on or if an error occurs.

- Press and hold down ▼ at any time until the flashing test strip symbol appears to perform a test.
- The time and date on the meter synchronizes to the time and date on the paired device each time the meter sends data to the paired device. See the chapter Wireless Communication and Meter Pairing in your User Manual.

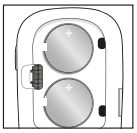
CHANGING THE BATTERIES

1



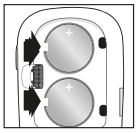
Open the child-resistant battery door by inserting a narrow object, such as a pen, into the slot (see image above). Push the tab in the direction of the arrow and lift the battery door up.

2



Remove the old batteries. Press and hold ▲ for at least 2 seconds.

3



Slide the new batteries under the tabs with the **(+) side facing up**. Put the battery door back in place and snap it closed. Immediately discard the old batteries.

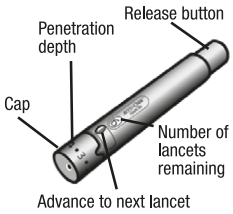
NOTE

- Always have a spare set of batteries.
- Battery life may vary due to factors such as temperature and battery manufacturer.
- The meter uses two 3-volt lithium batteries, coin cell type CR2032. This type of battery can be found in many stores.
- Always replace both batteries at the same time and with the same brand.
- Meter data is not lost when you replace the batteries.

WARNING
Keep new and used batteries away from children.
See the warning in the Introduction of your User Manual for additional information.

SETTING UP THE LANCING DEVICE

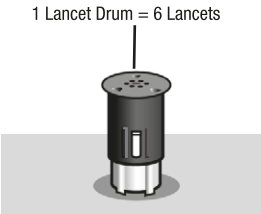
1



Familiarise yourself with the Accu-Chek FastClix lancing device.

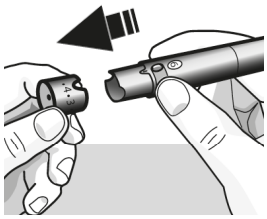
2

Get the lancet drum from the pocket in the carry case.



NOTE
Each lancet drum contains 6 sterile lancets.

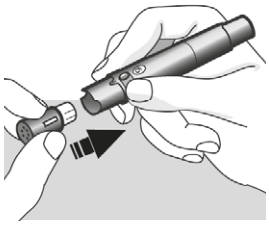
3



Remove the cap by pulling it straight off.
Do not twist the cap.

WARNING
You must not insert the lancet drum into the lancing device and simultaneously press the release button or hold the lancing device with the release button resting on a surface such as a table top. This could release a lancet and inadvertently cause injury.

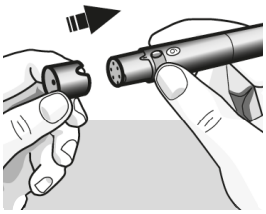
4



Insert the lancet drum, white end first, into the lancing device. Push the lancet drum all the way in until it clicks firmly into place.

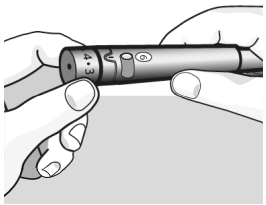
NOTE
Do not remove the lancet drum until all 6 lancets have been used since the lancet drum cannot be reused once it has been removed from the lancing device.

5



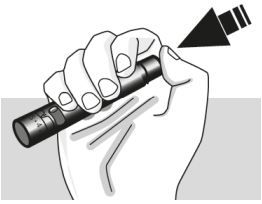
Replace the cap on the lancing device. Make sure the notch on the cap lines up with the notch on the lancing device.

6



Adjust the lancet depth to a comfortable penetration level. Start at 2 or 3. For tougher skin, dial to a higher number.

7



Using the Accu-Chek FastClix lancing device: By pressing the release button, the lancing device primes and pricks in 1-Click action.

If you need any more help or information please contact your Roche Diabetes Care representative.

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