ONE TOUCH® BASIC®

BLOOD GLUCOSE MONITORING SYSTEM
SYSTÈME DE CONTRÔLE DE LA GLYCÉMIE

OWNER'S BOOKLET
MANUEL DU PROPRIÉTAIRE

LIFESCAN
a Johnson & Johnson company
une filiale de Johnson & Johnson

ONE TOUCH®

BASIC®

BLOOD GLUCOSE MONITORING SYSTEM

OWNER'S BOOKLET

Dear ONE TOUCH® BASIC® Owner:

Congratulations! You've chosen a very easy-to-use blood glucose monitoring system for home testing. Your ONE TOUCH® BASIC® System will give you the accurate test results you need, in just a few simple steps.

Everything you need to know about using the ONE TOUCH BASIC System is included in this booklet.

Blood glucose monitoring plays an important role in controlling your diabetes. The results you get with the ONE TOUCH BASIC System can help you and your Health Care Professional monitor and adjust your treatment plan (diet, exercise, and medication) to help you gain better control of your diabetes.

If you have any questions, please feel free to call our toll-free number and speak with our Technical Services Department, 1 800 663-5521.

Thank you for choosing the ONE TOUCH BASIC Meter.

Sincerely,

Jackie Graham
Manager, Customer Service
LifeScan Canada Ltd.

P.S. Don't forget to complete and mail the Warranty Registration Card. When we receive your Warranty Card, we'll send you a complimentary gift to show our appreciation. See your Warranty Card for details.

CAUTION: Before using any product to test your blood glucose (sugar), read all instructions and practice the test. Consult your diabetes health professional for advice regarding selection of equipment, testing times and procedures. These recommendations apply to all blood glucose monitoring systems and are supported by the Diabetes Educator Section of the Canadian Diabetes Association.

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LifeScan Technical Services: Canada 1 800 663-5521
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1. GETTING STARTED

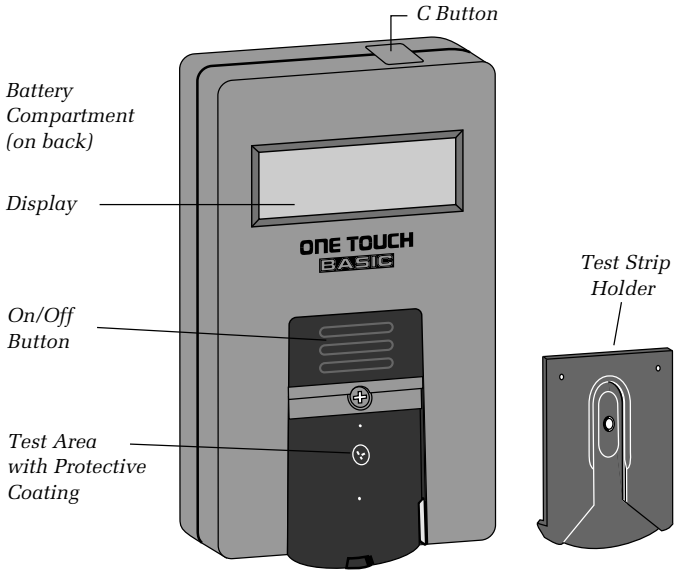
Description and Use

The ONE TOUCH® BASIC® Blood Glucose Monitoring System is intended for *in vitro* diagnostic use. This statement means that the system should be used only for testing purposes and only outside of the human body. The ONE TOUCH® BASIC® Meter and Test Strips are used for monitoring whole blood glucose for people who have been diagnosed with diabetes mellitus. This device is not to be used for the diagnosis of diabetes.

The ONE TOUCH BASIC Blood Glucose Monitoring System measures the amount of glucose (sugar) in whole blood. When blood is applied to the Test Strip, compounds on the Test Strip react with the blood and a blue color is formed. The intensity of the color is then measured and read by the ONE TOUCH BASIC Meter.

Getting to Know the Meter

Study this diagram and become familiar with all the parts of your ONE TOUCH® BASIC® Meter.



ON/OFF BUTTON. This button turns the Meter on and off.

DISPLAY. This is where you read your test results and the simple messages that help guide you through the test.

BATTERY COMPARTMENT. Holds one J-size battery. The battery is already installed in your Meter.

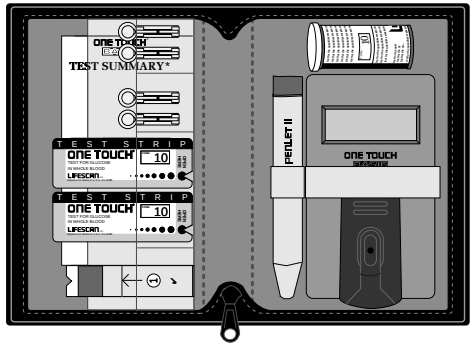
"C" BUTTON. Use the "C" Button to match the Meter code with the code number on the Test Strip package. You can also use the "C" Button to select display languages in English, French, Spanish, German, Dutch, Italian, Portuguese, Swedish, Danish, Norwegian, Finnish, Greek, Turkish, Hungarian, Czech, Polish, Russian or Japanese and each language's corresponding unit of measurement, (mmol/L) or (mg/dL).

TEST STRIP HOLDER. The dark gray Test Strip Holder keeps the Test Strip in place. The Meter reads the color of the reacted Test Strip through the small hole in the Test Strip Holder. Remove the Test Strip Holder from the Meter for cleaning.

TEST AREA. When the Test Strip Holder is removed, the Test Area is exposed. The Test Area has a clear, protective coating over the Meter optics window that must be kept clean and lint-free for accurate results. Be careful not to scratch or damage this coating.

TEST STRIPS. ONE TOUCH® Test Strips are used to test your blood glucose (sugar) level. They are sensitive to moisture and light, so they come in a moisture-resistant, light-protected vial or foil package. Keep the Test Strips sealed in their original package until you're ready to use them. DO NOT store Test Strips outside of their packaging.

- Carefully read this Owner's Booklet and all other instructional material provided with your blood glucose monitoring system and test supplies.



Precautions and Limitations

The following information may be useful to you and your Health Care Professional when using the ONE TOUCH® BASIC® System to monitor your blood glucose level.

If you experience symptoms that are not consistent with your blood glucose results, and you have carefully followed the procedure described in the Owner's Booklet, contact your Health Care Professional immediately.

Never make significant changes to your medication program or ignore physical symptoms without consulting your Health Care Professional.

If the message HIGH appears on the meter display, this indicates severe hyperglycemia (high blood sugar); contact your Health Care Professional immediately.

IMPORTANT: The ONE TOUCH® BASIC® Meter is not intended for monitoring neonatal (newborn child) blood samples.

DO NOT use ONE TOUCH® Test Strips beyond the expiration date printed on the package label. If using Test Strips from a vial, discard the vial and unused Test Strips 4 months after the date first opened.

DO NOT use ONE TOUCH Test Strips that are discolored, wrinkled, torn, cut or altered in any way (the Test Spot of a normal Test Strip is white or ivory-colored).

DO NOT store or carry Test Strips outside of their vial or foil package.

ONE TOUCH Test Strips must be stored in a cool, dry place, below 30°C (86°F). Do not refrigerate Test Strips or place Test Strips in heat or direct sunlight.

It is important to clean your Meter as described in this booklet to ensure that you get accurate results. (See *Cleaning the Meter,* page 55.)

2. SETTING THE METER

Selecting the Display Language and the Unit of Measurement

The ONE TOUCH® BASIC® Meter displays easy-to-follow messages in English, French, Spanish, German, Dutch, Italian, Portuguese, Swedish, Danish, Norwegian, Finnish, Greek, Turkish, Hungarian, Czech, Polish, Russian, or Japanese to help guide you through the test procedure. The Meter is preset in English (mmol/L) at the factory.

To select another display language and its corresponding unit of measurement:

1. Press and hold the "C" Button.
2. Press and release the On/Off Button.
3. Release the "C" Button.

The following programs with their corresponding language and unit of measurement appear as you continue pressing the "C" Button: "P 4" for French (mmol/L), "P 5" for French (mg/dL), "P 6" for German (mg/dL), "P 7" for German (mmol/L), "P 8" for Dutch (mg/dL), "P 9" for Dutch (mmol/L), "P 10" for Italian (mg/dL), "P 11" for Portuguese (mg/dL),
"P 12" for Swedish (mmol/L), "P 13" for Danish (mmol/L), "P 14" for

Norwegian (mmol/L), “P 15” for Finnish (mmol/L), “P 16” for Greek (mg/dL), “P 17” for Turkish (mg/dL), “P 18” for Hungarian (mmol/L), “P 19” for Czech (mmol/L), “P 20” for Polish (mmol/L), “P 21” for Russian (mmol/L), “P 22” for Japanese (mg/dL), “P 23” for Japanese (mmol/L), “P 1” for English (mg/dL), “P 2” for Spanish (mg/dL), “P 3” for English (mmol/L).

When your desired selection is displayed, press the On/Off Button. All messages will now appear in the language you have chosen.

Coding the Meter

IMPORTANT: Every time you test, the code number on the Meter display must match the code number on the ONE TOUCH® Test Strip package you’re using. If these two code numbers do not match, you will get inaccurate results.

Set the code:

- Before using the Meter for the first time.
- Every time you open a new package of Test Strips or change to a different package of Test Strips.
- If the Meter is displaying RESET CODE.

Step 1: Turn on the Meter

Press the On/Off Button to turn the Meter on. The result from your last blood glucose or Control Solution test will appear for 3 seconds.

MEMORY
MM 5.9 (example)

or

MEMORY
C 5.4 (example)

(Your ONE TOUCH® BASIC® Meter automatically recalls and displays your last result—either from a blood glucose or Control Solution test—whenever the Meter is turned on. When using the Meter for the first time, MEMORY/NO DATA appears to indicate that there is no test result in the memory. See *Displaying Last Test Result,* page 38.)

Then

CODE 7 (example)

appears on the display for 2 seconds, followed by

INSERT
STRIP

The code number on the Test Strip package (vial or foil) ranges from 1 to 16. If the number on the display matches the code number on your Test Strip package, you may proceed with a blood test. If it is not the same, go on to Step 2.

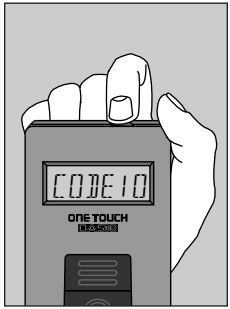
Step 2: Match the Code Number

Press the "C" Button. With

CODE 7 (example)

on the display, press and release the "C" Button, and the number will increase by one. Continue pressing until the number on the display matches the code number on your Test Strip package.

CODE 10 (example)



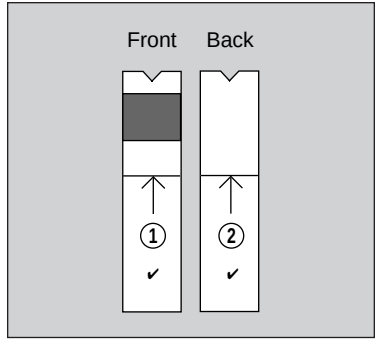
The Meter is now properly coded and you may proceed with the test. From now on, the Meter will remember this code until you change the code for a new package of Test Strips.

3. CHECKING THE SYSTEM

There are two ways to make sure your ONE TOUCH® BASIC® System is working properly. The **Check Strip** is used to check that the *Meter* is operating properly. The **ONE TOUCH® Normal Glucose Control Solution—Blue Formula** is used to check that both the *Meter and the Test Strips* are working together as a system, and that you are doing the test correctly. It is very important that you do these simple checks routinely to make sure you get accurate results.

Checking with the Check Strip

A purple and white Check Strip is included with your ONE TOUCH BASIC Meter. The Check Strip is used to make sure your Meter is working properly.



Before doing a Check Strip test, make sure the Test Strip Holder, the Test Area and Check Strip are clean, dry, and lint-free. Do the Check Strip test at room temperature between 18°C and 26°C (64°F–79°F).

How to use the Check Strip

Step 1:

Press On/Off Button. Your last blood glucose or Control Solution test result will appear for 3 seconds,

MEMORY
MM 5.9 (example)

or

MEMORY
C 5.4 (example)

then

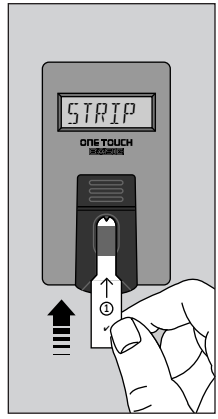
CODE 7 (example)

will appear on the display.

When

INSERT
STRIP

appears, slide the notched end of the Check Strip into the Test Strip Holder with Side 1 (purple) facing up.



WAIT

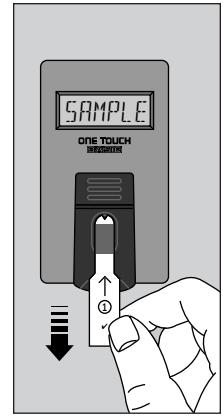
appears for a few seconds.

Step 2:

When

APPLY
SAMPLE

appears, slide the Check Strip from the Test Strip Holder.

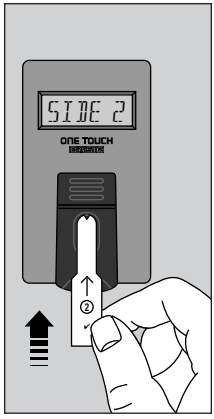


Step 3:

When

INSERT
SIDE 2

appears, turn the Check Strip over and slide it back into the Test Strip Holder, notched end first, Side 2 (white) facing up. The Meter counts down from 4 to 0, then



✓ 4.4 (example)
✓ OK

appears if the number falls within the acceptable Check Strip range. The Meter automatically tells you if your reading falls within the correct Check Strip range. (The range is also printed on the back of the Meter.)

These messages will continue to display until you turn the Meter off or for 2 minutes, when the Meter automatically turns off.

If the reading is not within the printed range, the Meter displays will read

2.1 (example)
NOTOK
READ

Go back to Step 1 and repeat the Check Strip test. If this message appears again, clean your Meter and repeat the test. For further assistance, call LifeScan Technical Services.

If you do not obtain an acceptable Check Strip reading, your last blood glucose or Control Solution test result will appear for 3 seconds the next time you turn on your Meter, then

READ
CODE 7 (example)

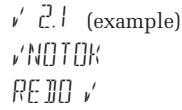
will appear, indicating your Check Strip was out of range at the last reading.

This message will appear each time the Meter is turned on until you obtain a Check Strip reading that falls in the printed range.

CAUTION: If your Check Strip result falls outside the printed range, the Meter is not working properly. **DO NOT** use the Meter to test your blood until you get a Check Strip reading that is within the printed range. For assistance, call LifeScan Technical Services.

You must use the Check Strip:

- At least once a day.
- After cleaning the Meter.
- Whenever your results are not consistent with how you feel, or when you think your results are not accurate.
- Whenever this message appears:



Cleaning and Maintaining the Check Strip

- Make sure both sides of the Check Strip are clean. If not, wipe with a soft cloth or tissue dampened with water. Dry completely.
- Do not put blood, alcohol, Control Solution, or any other fluid (except water) on the Check Strip.
- Do not scratch the Check Strip.
- Do not leave the Check Strip in sunlight for long periods of time.

- If you lose or damage the Check Strip, call LifeScan Technical Services for a free replacement.

Checking with Control Solution

ONE TOUCH Normal Glucose Control Solution—Blue Formula

ONE TOUCH® Normal Glucose Control Solution—Blue Formula should be used to make sure your Meter and Test Strips are working properly.

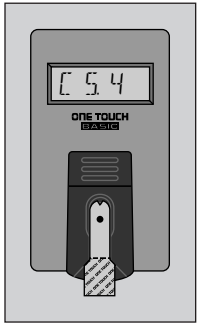
Before you use the Meter to test your blood glucose for the first time, practice the procedure using the Control Solution in place of blood. When you can do three tests in a row that are within the ONE TOUCH Normal Control range, you are ready to test your blood.

- Use only ONE TOUCH® Normal Glucose Control Solution—Blue Formula, available from your drug store or Authorized LifeScan Distributor.
- Check the expiration date on the Control Solution vial. If it has expired, replace it with new Control Solution.
- Shake the Control Solution vial vigorously before using.

To do a Control Solution test, follow the same procedure you would if you were testing your blood. (See *Testing Your Blood,* page 27.)

Your Control Solution results will appear on the Meter display as follows:

C 5.4 (example)
CONTRL



The range for the ONE TOUCH® Normal Glucose Control Solution—Blue Formula is printed on the Test Strip vial or the foil wrapper. This range is for the Glucose Control Solution only; it is not intended as a recommended range for your blood glucose test results.

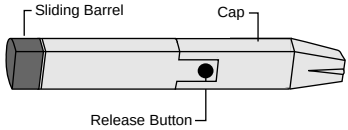
CAUTION: If your Control Solution result falls outside the printed range, the system is not working properly. **DO NOT** use the system to test your blood until you get a reading that falls within the printed range. For assistance, call LifeScan Technical Services.

You should use the Glucose Control Solution:

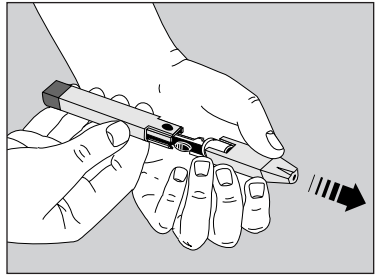
- At least once a week.
- When you begin using a new package of Test Strips.
- Whenever you suspect the Meter or Test Strip may not be working properly (for example, when your results are not consistent with how you feel).

4. GETTING A DROP OF BLOOD

The PENLET® II Automatic Blood Sampler is an easy, safe tool for obtaining a good drop of blood for testing.

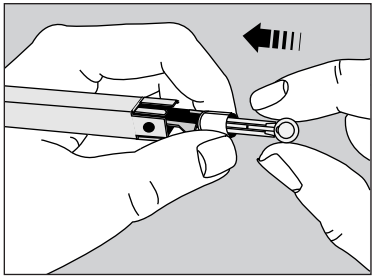


Using the PENLET II Automatic Blood Sampler

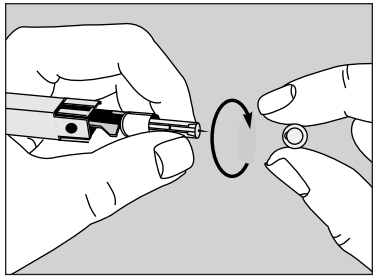


Step 1: Insert a Lancet

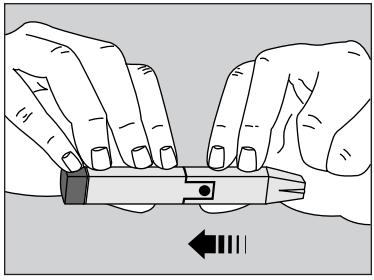
Remove the PENLET II Cap by pulling it straight off.



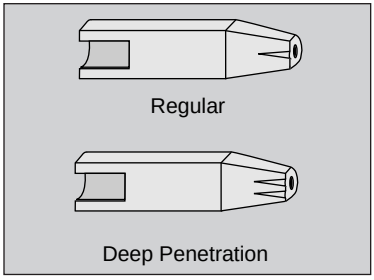
Insert a new, sterile Lancet into the Lancet Holder. The Lancet will slide into the Lancet Holder easier if you DO NOT line up the ridges on the Lancet with the slots in the Lancet Holder. *(NOTE: Inserting the Lancet may automatically cock the PENLET® II.)*



Hold the Lancet firmly and gently twist off the Lancet Protective Disk.

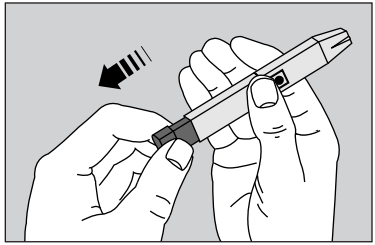


Replace the PENLET® II Cap.



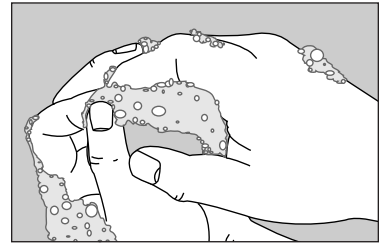
The PENLET II Sampler includes two Caps. The Cap that comes attached to the PENLET II Sampler has a single line on the flat side and works well for children and most adults. The other Cap has two lines on the flat side and works well for very thick or calloused skin, or when a deeper puncture is needed.

Step 2: Cock the PENLET® II Sampler

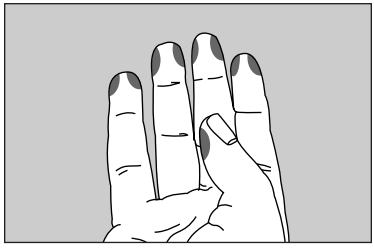


Holding the lower portion of the PENLET II Sampler, pull out the dark gray sliding barrel until it clicks. If it does not click, the PENLET II Sampler may have been cocked when the Lancet was inserted.

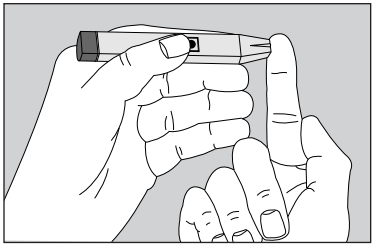
Step 3: Get a Drop of Blood



Wash your hands with soap and warm water and dry them thoroughly. Warm water stimulates the flow of blood to the fingers. Hanging your arm down at your side for 10–15 seconds before the fingerstick will make it easier, too. If you use alcohol to clean your finger, make sure you let it dry before sticking your finger.

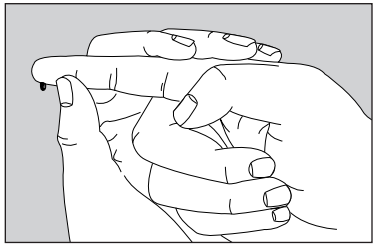


Choose a spot on the side of a different finger each time you test. Repeated punctures in the same spot can make your finger sore and calloused.



Hold the PENLET® II Sampler firmly against the side of the finger, with the Cap resting on the finger. (The harder you press, the deeper the puncture.)

Press the dark gray Release Button.

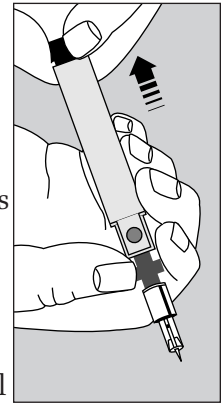


Squeeze the finger gently to obtain a large, hanging drop of blood.

Proceed with the blood glucose test. (See *Testing Your Blood,* page 27.)

Step 4: Remove the Lancet

Always use caution when removing the Lancet and PENLET® II Cap. Remove the PENLET II Cap. Grasp the ridges on the dark gray prongs located on the shaft near the Release Button. Point the Lancet down and away from you. Pull back on the dark gray sliding barrel until the Lancet drops out.



CAUTION:

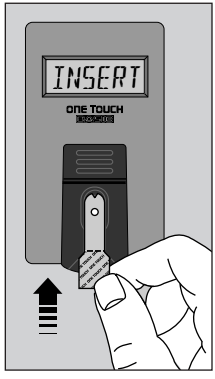
- Never use a Lancet that has been used by someone else.
- Dispose of the Lancet in a container for sharp objects.
- To help avoid infection, use a new sterile Lancet every time you test.
- If you share a PENLET® II Sampler, each person should always use a new Lancet and a new or properly disinfected Cap. For assistance, call LifeScan Technical Services.

Cleaning the PENLET II Sampler

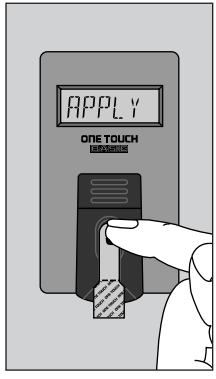
Clean the PENLET II Sampler and Cap with soap and water as needed.

5. TESTING YOUR BLOOD

You can test your blood glucose by following these three simple steps:



Step 1: Press On/Off Button (last test result appears), insert Test Strip.



Step 2: Apply blood sample.

Step 3: Accurate results in 45 seconds.

NOTE: Be sure to read the following section carefully before testing.

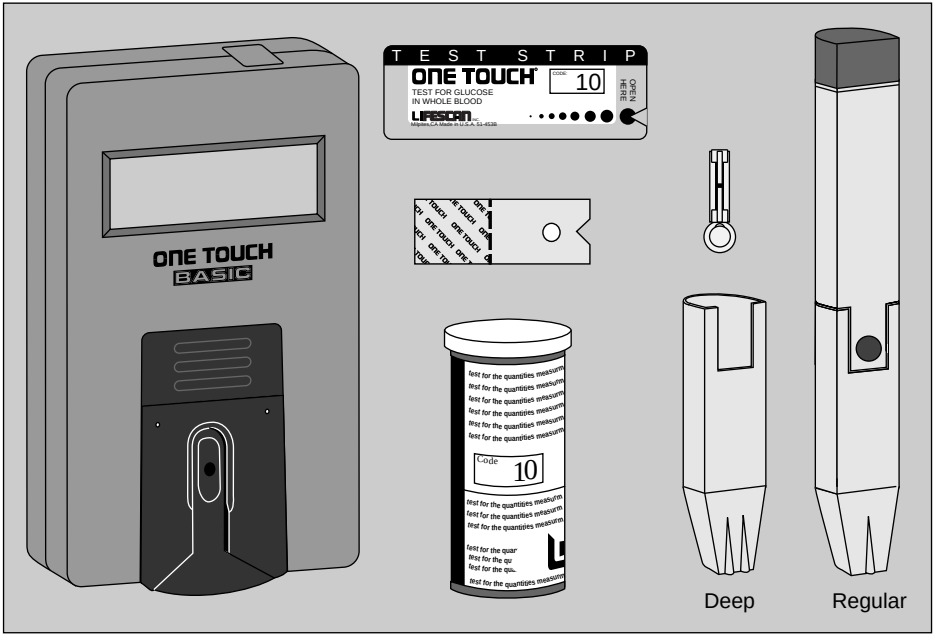
Step-by-Step Instructions

Choose a clean, dry work surface. Make sure you have all the materials needed for a test:

- ONE TOUCH® BASIC® Meter
- ONE TOUCH® Test Strips
- PENLET® II Automatic Blood Sampler (with choice of Caps)
- Sterile Lancet

IMPORTANT:

- The Test Strip Holder and Test Area of the Meter must be clean, dry and lint-free.
- Check the expiration date on the Test Strip package. If the date has passed, discard the Test Strips and open a new package.
- If using vial Test Strips, discard unused Test Strips 4 months after opening.
- If you have questions about the testing procedure, call LifeScan Technical Services.


ONE TOUCH
BASIC
T E S T S T R I P
ONE TOUCH
TEST FOR GLUCOSE
IN WHOLE BLOOD
CODE
10
OPEN HERE
LIFESCAN INC.
Milpitas,CA Made in U.S.A. 51-4536
Code
10
Deep
Regular

Step 1: Press On/ Off Button to turn the Meter on

Your last blood glucose or Control Solution test result will appear for 3 seconds.

MEMORY
MM 5.9 (example)

or

MEMORY
C 5.4 (example)

Then

CODE 10 (example)

appears on the display for 2 seconds. Make sure the code number on the Meter display matches the code number on the Test Strip package you are using. (See *Coding the Meter,* page 8.)

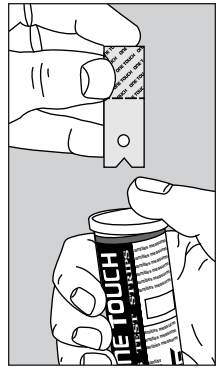
The message

INSERT
STRIP

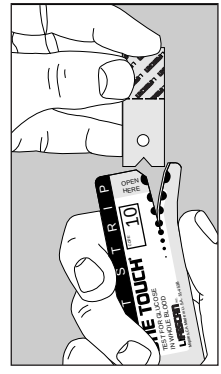
then appears.

Insert Test Strip

Remove a Test Strip from the package. DO NOT touch the white Test Spot. When using Test Strips from a vial, replace the cap immediately. When using a foil-wrapped Test Strip, be careful not to tear the Test Strip when opening the foil.

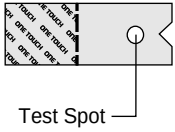


Vial Test Strips



Foil-Wrapped Test Strips

The Test Spot should be white or ivory-colored, with no tears or wrinkles.



When

INSERT
STRIP

appears, slide the notched end of the Test Strip into the Holder with the Test Spot side up. Make sure you push the Test Strip all the way into the Holder until it stops.

WAIT

appears for a few seconds. Then,

APPLY
SAMPLE

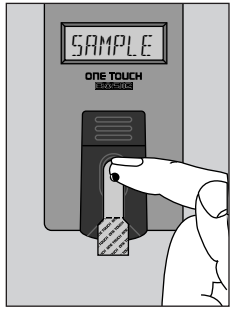
appears until you apply blood to the Test Spot (or for 5 minutes).

Step 2: Apply blood sample

With the Test Strip in the Meter and

APPLY
SAMPLE

on the display, apply a drop of blood to the Test Spot.



The Meter will beep when the blood has been applied to the Test Spot.

Make sure that you:

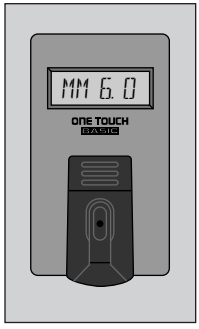
- Do not remove the Test Strip from the Meter to apply blood.
- Do not smear blood on the Test Spot or apply a second drop after the test begins.
- Do not move the Test Strip when you are applying blood. If the Test Strip moves, push it back to its original position.
- Touch only the tip of the drop of blood to the Test Spot.
- Apply enough blood to form a round, shiny drop that covers the Test Spot completely and stays wet during the entire test.

Step 3: Accurate results in 45 seconds

The Meter then counts down from 45 to 0 seconds, followed by a series of beeps when your result is displayed.

MM 6.0 (example)

IMPORTANT:
Always check that "MM" and a decimal point are displayed with your blood glucose result. If not, you may have accidentally changed the display language and unit of measurement to "P 1" English (mg/dL) or an electronic malfunction may have occurred. See *Setting the Meter,* page 7, to reset the language and unit of measurement to "P 3" English (mmol/L).



Be sure to wait for the beeps before you note your result. Your result will continue to display until you turn the meter off or for 2 minutes, when the meter automatically turns off. The Meter displays results which are between 0 and 33.3 mmol/L. Results above 33.3 mmol/L are displayed as

HIGH

Press the On/Off Button to turn the Meter off.

6. AFTER TESTING

Although the ONE TOUCH® BASIC® System requires only a small drop of blood, it is very important that the drop be large enough to cover the Test Spot completely.

In many cases, the Meter can detect if the drop of blood was too small to give an accurate reading. If

NOT
ENOUGH
BLOOD
RETEST

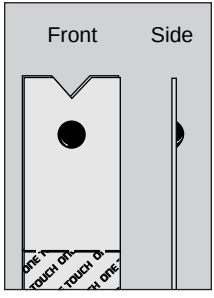
or

C 5.8 (example)
CONTRL

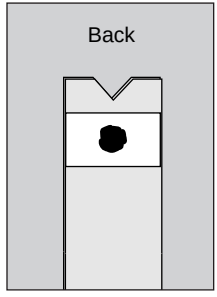
appears on the display, your drop of blood was too small or smeared, or the Test Strip was inserted only part-way into the Test Strip Holder. Repeat the test with a new Test Strip and enough blood to cover the entire Test Spot.

Checking the Amount of Blood on the Test Strip

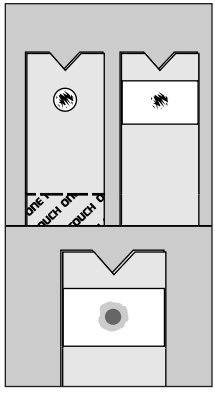
The Meter cannot always tell if a sample is too small, so it is important that you also look at the Test Strip to make sure that you applied enough blood.



- Remove the Test Strip from the Meter and look at the Test Spot. It should still have a wet, shiny drop that completely covers the circle. If the blood sample has a dull, dry appearance, you may not have applied enough blood, or you may have smeared it.
- Look at the back of the Test Strip. You should see a full, dark circle.*



*The white portion on the back of the Test Strip may also appear as a small square, due to different manufacturing processes. This difference will not affect your blood glucose results.



(Incorrect)

If there are any white patches or streaks, you may have smeared the blood or the drop was too small. **In either case, you may have an inaccurately low result. Repeat the test with a new Test Strip.**

Recording Your Test Results

Your ONE TOUCH® BASIC® System Kit comes with a Logbook that you can use to keep a permanent record of your test results, along with information on diet and medication.

If you run out of space in your Logbook, you can get a new one from your Authorized LifeScan Distributor, drug store, or directly from LifeScan.

Displaying Last Test Result

The ONE TOUCH® BASIC® Meter automatically recalls and displays your last result—either from a blood glucose or Control Solution test—whenever the Meter is turned on.

MEMORY
MM 5.9 (example)

or

MEMORY
C 5.4 (example)

appears for 3 seconds, then the Meter immediately displays test messages starting with

CODE 7 (example)

Only blood glucose or Control Solution test results are recalled and displayed. Check Strip test results are not stored in the Meter memory.

When using the Meter for the first time

MEMORY
NO DATA

appears to indicate that there is no blood glucose or Control Solution test result in the Meter's memory.

7. HELP! (Troubleshooting)

The display messages that appear on the Meter will guide you through the glucose test and quality control test procedures and alert you to problems as they occur. This section provides you with a complete listing of the display messages, what they mean, and what to do if there is a problem.

Test Procedure Messages

These messages appear during routine testing. Just follow them carefully and they will guide you through the test.

MESSAGE	APPEARS WHEN
	You press and hold the On/Off Button. It provides a visual test that all display segments are working.
MEMORY MM 6.0 (example)	The Meter is turned on. The value displayed is your last blood glucose test result. (When using the Meter for the first time, MEMORY NODATA will appear.)
MEMORY C 5.4 (example)	The Meter is turned on. The value displayed is your last Control Solution test result.
CODE 7 (example)	The Meter is in a code-setting mode. The code number (1–16) displayed must match the code number on the Test Strip package.

MESSAGE	APPEARS WHEN
INSERT STRIP	The Meter is ready for you to perform a blood, Check Strip, or Control Solution test.
WAIT	The Meter is performing internal checks.
APPLY SAMPLE	The Meter is ready to receive a blood or Control Solution sample. If performing a Check Strip test, this is your signal to remove the Check Strip (Side 1) from the Meter.
45, 44, 43...0	The Meter is counting down from 45 seconds to 0.
MM 6.0 (example)	A blood test is completed. This indicates a blood glucose result.

MESSAGE	APPEARS WHEN
C 5.4 (example) CONTRL	A Control Solution test is completed. **However, if this appears after a blood test, it means that your test result was not accurate because the blood sample was too small and the Meter read it as a Control Solution sample.**
INSERT SIDE 2	You are performing a Check Strip test. Turn the Check Strip over and slide it back into the Test Strip Holder with Side 2 up.
✓ 4.4 (example) ✓ OK	The Check Strip result falls into the acceptable range.
HIGH	Your blood glucose result is above 33.3 mmol/L, indicating severe hyperglycemia. Contact your physician immediately.

MESSAGE	APPEARS WHEN
P 1-23	You are setting the display language and the unit of measurement. This means that messages will appear in the selection program. “P 3” corresponds to the English (mmol/L) selection. “P 4” corresponds to the French (mmol/L) selection.

Error Messages

When any of these messages appear, there is a problem with the Meter or the way in which you are performing a procedure. In most cases, problems are easy to fix. If you need it, help is available from LifeScan Technical Services.

MESSAGE	PROBLEM	WHAT TO DO
	Some parts of the display are not working. The messages will be incomplete.	Call LifeScan Technical Services.

MESSAGE	PROBLEM	WHAT TO DO
114 (example) *[No "MM" before the result and no decimal point]*	The language and unit of measurement have been changed to "P 1" English (mg/dL) either accidentally or through an electronic malfunction.	See *Setting the Meter,* page 7, to reset the language and unit of measurement to "P 3" English (mmol/L).
BATTRY	The battery is too low. The Meter will not operate.	Replace the battery.
CLEAN TEST AREA	1) There is dirt, blood, or lint on the Test Area.	Clean the Test Area and Test Strip Holder according to instructions.
	2) Your hand or an object covered the Test Area while the Meter was turned on.	Repeat the test. Keep Test Area clear.

MESSAGE	PROBLEM	WHAT TO DO
	3) The Test Strip was inserted before *INSERT STRIP* appeared on the display.	Repeat the test. Wait for *INSERT STRIP* before inserting a new Test Strip.
	4) The center of the Test Strip Holder where the small hole is located is raised.	Depress the center by pressing forward on the base, or by pressing down on the center, or by inserting a check strip into the Test Strip Holder.
C 3.8 (example) *CONTRL*	If this message appears after a blood test, your blood sample was too small, smeared, or another drop was added after the test began.	Repeat the test with a new Test Strip and a larger drop of blood.

MESSAGE	PROBLEM	WHAT TO DO
ERROR 1 RETEST	The sample was applied before APPLY SAMPLE appeared.	Repeat test with a new Test Strip and wait for APPLY SAMPLE to appear.
ERROR2 RETEST	Error in the test procedure such as:	
	1) The Test Strip moved during the test.	Repeat the test with a new Test Strip.
	2) The Test Strip was not inserted correctly.	Repeat the test, pushing a new Test Strip all the way into the Test Strip Holder.
	3) The Test Strip was removed before the test was completed.	Repeat the test with a new Test Strip.

MESSAGE	PROBLEM	WHAT TO DO
	4) There was not enough blood on the Test Strip.	Repeat the test with a new Test Strip and a larger drop of blood.
	5) The Meter was used in very bright light.	Move the Meter out of direct light and repeat the test with a new Test Strip.
	6) The Check Strip procedure was incorrect.	Repeat the Check Strip test.
	7) The Meter may not be operating correctly.	Call LifeScan Technical Services.

MESSAGE	PROBLEM	WHAT TO DO
INSERT INSERT INSERT (example)	When any message flashes continually, it means the battery is getting low.	Test results will still be accurate, but replace the battery as soon as possible.
MEMORY RETEST	Your last test result was not stored in the Meter's memory for one of the following reasons:	
	1) A NOT ENOUGH BLOOD RETEST message was displayed during your last blood or Control Solution test due to a too small or smeared sample.	Repeat the test with a new Test Strip and a larger drop of blood.

MESSAGE	PROBLEM	WHAT TO DO
	2) An ERROR2 RETEST message was displayed during your last test due to a procedural error.	Review the ERROR2 RETEST problems listed on pages 46–47 before repeating the test.
	3) A NOT OK message was displayed during your last test.	Call LifeScan Technical Services.
	4) A power loss, including turning the meter off, occurred during your last test.	Repeat the test with a new Test Strip.

MESSAGE	PROBLEM	WHAT TO DO
NOT ENOUGH BLOOD RETEST	1) The blood sample was too small or smeared.	Repeat the test with a new Test Strip and a large, shiny drop of blood.
	2) The Test Strip was not inserted all the way into the Test Strip Holder.	Repeat the test. This time push the Test Strip all the way into the Test Strip Holder.
NOT OK	Your Meter may have an electronic problem.	Call LifeScan Technical Services.
✓ 5.8 (example) ✓NOTOK RE□O ✓	The Check Strip test result is outside the acceptable range.	Clean the Meter and Check Strip. Repeat the Check Strip test.

MESSAGE	PROBLEM	WHAT TO DO
RE3O ✓ CO3E 7 (example)	The last Check Strip test was outside the acceptable range and a repeat test that passed has not been performed.	Stop and do a Check Strip test.
REMOVE STRIP	The Test Strip was inserted before the Meter was ready.	Remove the Test Strip. Wait for INSERT STRIP message.

MESSAGE	PROBLEM	WHAT TO DO
RESET CODE	The Meter has lost some important information, including the code number, and the language and the unit of measurement have changed to “P 1” English (mg/dL) either accidentally or through an electronic malfunction.	Use the “C” Button to reset the Meter code to match the Test Strip package code. Reset the language and unit of measurement to “P 3” for English (mmol/L) as described in the section *Setting the Meter,* page 7. If this continues to happen, there may be a problem with your Meter. Call LifeScan Technical Services.

8. TAKING CARE OF THE METER

Your ONE TOUCH® BASIC® Meter is simple to use and easy to maintain. However, it must be handled carefully and cleaned regularly to remain in good operating condition. You should follow these rules at all times:

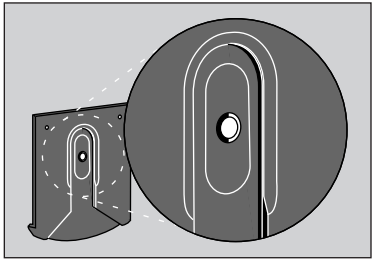
- Keep the Test Strip Holder and Test Area clean.
- Do not drop or toss the Meter. The Meter's electronics could be damaged by such treatment. If you drop the Meter, make sure the Test Strip Holder is still securely in place and check the Meter with the Check Strip before doing a blood glucose test.
- Avoid exposing the Meter or Test Strips to extremes in temperature or humidity for long periods of time. For example, do not store the Meter or Test Strips in your car.
- Never let your Meter get wet. The Meter could be permanently damaged if water or other liquids get inside.

- Do not take the Meter apart. Sensitive parts could be damaged and cause inaccurate results. Taking the Meter apart will invalidate the Meter warranty.

IMPORTANT: Infection Control Information

- If you are sharing the ONE TOUCH® BASIC® Meter with another person, always use a new or properly disinfected Test Strip Holder for each person.
- If you are sharing the PENLET® II Automatic Blood Sampler with another person, always use a new sterile Lancet and a new or properly disinfected PENLET II Cap for each person.
- For disinfecting information, an additional Test Strip Holder, or a PENLET II Cap, please call LifeScan Technical Services.

Daily Meter Check



Look through the small hole in the Test Strip Holder to make sure there is no lint, dirt, or blood blocking any part of the hole.

If there is anything blocking the hole, or if the Test Area has dirt, lint, or blood on it, remove the Test Strip Holder. Clean the Test Strip Holder and Test Area by following the instructions in the next section.

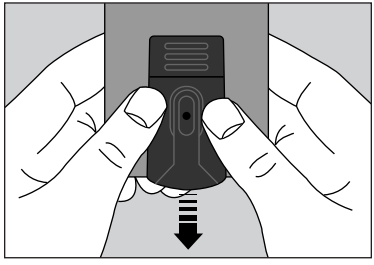
Cleaning the Meter

The Meter and Test Strip Holder should be cleaned once a week. In addition, they must be cleaned whenever the Test Area looks dirty or the message

CLEAN
TEST
AREA

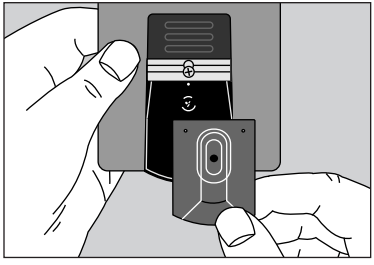
appears on the display.

Step 1: Remove Test Strip Holder



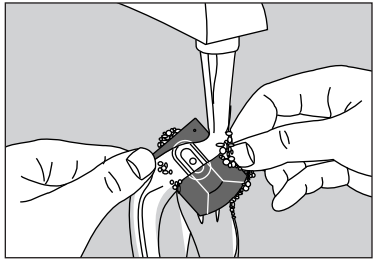
Hold the Meter and place your thumbs on the two raised dots on the Test Strip Holder.

Slide the Test Strip Holder toward you.



Remove the Test Strip Holder to expose the Test Area.

Step 2: Clean Test Strip Holder



Wash the Test Strip Holder with soap and water.

Clean the underside of the Test Strip Holder and check the small hole for any dirt, blood, or lint. Rinse well.

Dry completely with a soft cloth or tissue.

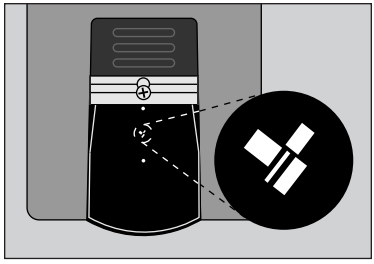
Step 3: Clean Test Area

CAUTION: DO NOT GET WATER INSIDE THE METER.

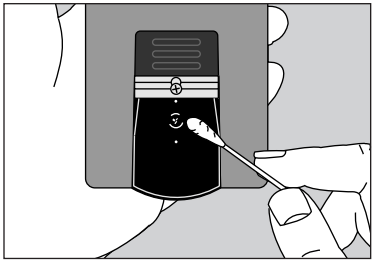
The following cleaning agents will damage the Meter.

DO NOT USE:

- Alcohol
- Cleansers with ammonia or phenol
- Windex® or other glass cleaners
- Abrasive cleansers



Check the clear, protective coating over the Meter optics to make sure it is not scratched or damaged.

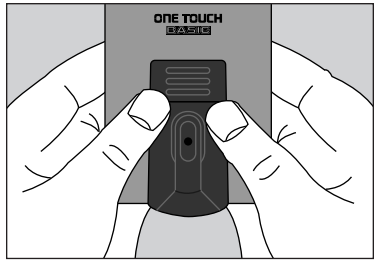


Rub Test Area with a cotton swab or soft cloth dampened with water to remove all blood, dirt, or lint from the Test Area. If necessary, a mild liquid dishwashing detergent mixed with water may also be used. Do not apply full-strength detergent to the Test Area. Be careful not to scratch the Test Area.

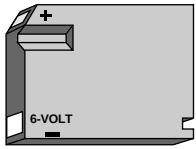
Dry the Test Area with a soft, dry cloth or tissue that doesn't contain lotion or perfume. Remove any lint.

Step 4: Replace Test Strip Holder

Hook the bottom of the Test Strip Holder onto the square notch on the Meter.



Press down on the raised dots of the Test Strip Holder until it snaps firmly into place. Press forward on the base, then down on the center of the Test Strip Holder to make sure the small hole over the Test Area is not raised. You are now ready to do a Check Strip test. If the Check Strip will not slide into the Test Strip Holder, repeat Step 4.



Battery Replacement

The ONE TOUCH® BASIC® Meter comes with a battery already installed. When the battery must be replaced, use only a Duracell® brand alkaline battery (J-size, 6 volts, part #7K67), which is commonly available in drug and hardware stores. This will ensure you get the best performance from your ONE TOUCH BASIC Meter.

The battery should last about one year with typical home use.

When the battery is getting low, the display will flash.

INSERT (example)
INSERT
INSERT

The Meter will still provide accurate test results with a low battery, but you should replace it as soon as possible.

When

BATTRY

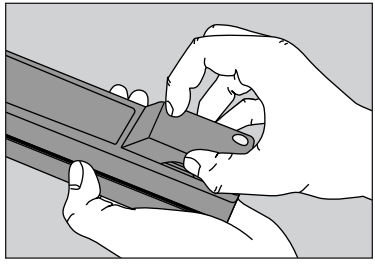
appears on the display, the Meter will no longer give results and you must replace the battery before you can perform another test.

A dead battery or battery removal will not affect the previous test result stored in the Meter's memory, as long as the battery is replaced within 30 days.

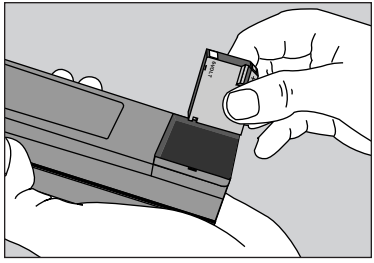
Replacing the battery

Make sure the Meter is turned off before you remove the battery.

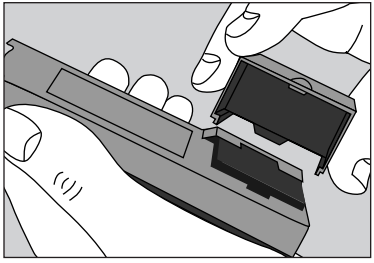
Turn the Meter upside down.



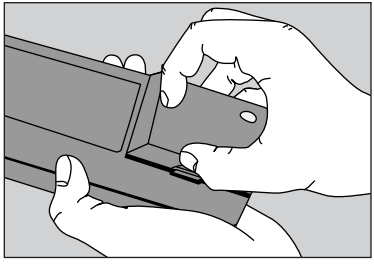
With your thumb, firmly press in and up on the ridges on the side of the battery door until the door releases from the clasp. Remove the battery door by sliding it out.



Remove the old battery and discard properly. Insert a new J-size battery in the battery compartment.



To replace the battery door, insert the tabbed side of the door into the slot in the battery compartment.



With your thumb, press in and down on the ridged side of the battery door until it snaps shut.

9. QUESTIONS AND ANSWERS

In the following pages, we've provided answers to some of the most common questions people have about home blood glucose monitoring and the ONE TOUCH® BASIC® Meter. If you have a question that isn't covered here, consult your Health Care Professional or call LifeScan Technical Services.

Q. Why should I test my blood glucose (sugar)?

A. No doubt your Health Care Professional has explained the importance of keeping your diabetes under control. Your ONE TOUCH BASIC System helps you check whether or not you are in control by monitoring your blood glucose levels.

The test results provide a good picture of how diet, exercise, and medication are affecting your diabetes.

Test results can also indicate whether your diabetes is changing in ways that might require an adjustment in your treatment program.

Always consult your Health Care Professional before making changes in your diabetes control plan.

Q. How often should I test my blood glucose?

A. This is best decided by you and your Health Care Professional. It may vary according to your age, the type of diabetes you have, any medication you are using, whether you are ill, and any physical or emotional changes in your life.

Q. Should my test results always be the same?

A. No. Results will vary somewhat from test to test, depending on diet, activity level, and time of day. These variations provide useful clues about your condition and how well your treatment program is working.

With your Health Care Professional, determine your own personal target blood glucose values, as well as what an unusually high or low test result is for you. In most cases, your test results should stay within that range.

Q. What can I do to be sure I get accurate test results?

A. Make sure that you do the following:

Keep your Meter clean at all times.

Use enough blood. The entire Test Spot must be completely covered with blood. Touch the drop of blood lightly to the middle of the Test Spot to fill the entire Spot. The drop of blood should form a round, shiny circle over the entire Spot, and stay wet during the entire test.

Do not smear the blood or touch the Test Spot with your finger. Do not add more blood after you've applied the first drop.

Never use Test Strips beyond their expiration date. Do not store Test Strips outside of their packaging.

Make sure the Meter code number is set to match the code number on the package of Test Strips you are using.

Periodically review your use of the Meter with your Health Care Professional.

Q. What should I do if my blood glucose test results are consistently high for my own diabetes control plan?

A. The goal of diabetes management is to maintain a "near normal" amount of glucose in the blood. Normal, low, and high blood glucose values for your individual treatment plan should be determined with

your Health Care Professional. If your blood glucose test results remain consistently high, contact your Health Care Professional.

Q. What are the expected blood glucose values associated with well-controlled diabetes?

A. Fasting: 3.3–7.2 mmol/L

After meals (1 hour): Less than 10.0 mmol/L

After meals (2 hours): Less than 8.3 mmol/L[1,2]

Q. What do I do if test results still seem too low or too high?

A. Remember, the test results you obtain will vary from time to time depending on food intake, insulin dose, exercise, etc. Ask yourself the following questions:

- *"How do I feel?"*
- *"Do I have symptoms of low blood sugar (hypoglycemia) or high blood sugar (hyperglycemia)?"*
- *"What have I eaten?"*
- *"How much exercise have I had?"*
- *"Am I ill (e.g., common cold, flu, etc.)?"*

In addition to the common factors listed above which cause real variations in blood glucose results, there are certain abnormal conditions which can interfere with the accuracy of your blood glucose monitoring results. These limitations are described below and should be discussed with your physician:

Extremes in hematocrit (the amount of red blood cells in the blood) can affect test results. High hematocrits (above 60%) cause inaccurately low results. Very low hematocrits (below 25%) can also cause inaccurately low results.

Severe dehydration and excessive water loss may cause inaccurately low results. This has been reported in the medical literature for leading blood glucose monitoring products.[3,4] Severe dehydration can lead to many serious medical complications. One complication which is of particular importance in diabetes management is a "hyperglycemic-hyperosmolar" state, with or without ketosis, which may be life-threatening if left untreated. The following are some of the factors which could lead to severe dehydration:

- Vomiting and diarrhea
- Prescription drugs, e.g., diuretics
- Inability to recognize or respond to "thirst" sensations
- Sustained uncontrolled diabetes

Whenever inadequate fluid intake or excessive water loss occurs, CONSULT A PHYSICIAN IMMEDIATELY.

Remember, if you ever experience symptoms which are not consistent with your blood glucose monitoring results and you have eliminated common procedural errors described in this Owner's Booklet as the cause, you should contact a physician immediately!

Never make significant changes to your medication program or ignore physical symptoms without consulting a physician.

IMPORTANT: When the message HIGH appears on the Meter display, this indicates severe hyperglycemia (blood sugar too high); contact your physician immediately.

Q. Why don't my Meter results match the results that I got from my doctor's laboratory exactly?

A. Many Health Care Professionals believe that the result that you get with your Meter should fall within 15% to 20% of the result obtained when whole blood is tested on laboratory equipment.[5] However, there are a number of reasons why the blood glucose result from your Meter may vary even more than 20% from a laboratory result.[6] One of the most common reasons is that laboratories use serum or plasma samples, while home blood glucose monitors use whole blood. Whole blood results are approximately 10%–12% lower than serum or plasma values from the same blood sample (at average hemocrit levels of 41%–45%). To adjust for this difference, divide the laboratory value by 112% or 1.12.[7]

Example:

- Let's assume your lab (plasma) result is 8.3 mmol/L.
- 8.3 divided by 1.12 = 7.4 mmol/L.
- Compare your Meter result to 7.4 mmol/L.

There is a difference in the glucose levels of venous blood (usually drawn from a vein in your arm) and capillary blood (blood from a fingerstick). After a meal, the glucose levels in the capillaries may be 1.1–3.9 mmol/L higher than the levels in venous blood.[6] If your lab test is taken while you are in the fasting state (before breakfast), this difference will be minimal (0.1–0.3 mmol/L).[7]

Variation may also occur between your Meter and the lab if the two tests were not done within 10–15 minutes of each other. Blood glucose values change rapidly, especially after you have eaten, and the two tests could have very different results.[8,9]

1 Skyler JS, et al: *Postgraduate Medicine* (1987) 81(6):163–174.
2 Skyler JS, et al: *Diabetes Care* (1981) 4:311–318.
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4 Cohen FE, et al: *Diabetes Care* (1986) 9(3):320–322.
5 Clarke WL, et al: *Diabetes Care* (1987) 10:622–628.
6 Gadsen RH: *Challenges in Diabetes Management,* Milpitas CA, LifeScan, Inc. (1988) 63–66.
7 Caraway WT: Carbohydrates, in Tietz NW (ed). *Fundamentals of Clinical Chemistry.* Philadelphia, WB Saunders Company (1976) 242–244.
8 Surwit RS and Feinglos MN: *Diabetes Forecast* (1988) April: 49–51.
9 Nelson RL: *Diabetes Spectrum* (1989) 2:219–223.

10. SPECIFICATIONS

Performance Characteristics

See the ONE TOUCH® Test Strip package insert for ONE TOUCH® System accuracy and precision.

Power Supply: One Duracell® alkaline battery, size J (6V) part # 7K67 is included with Meter.

Battery Life: Approximately one year (at two tests per day).

Result Range: 0–33.3 mmol/L. Higher values displayed as HIGH.

Display Type: Alphanumeric; 6-character, 14-segment LCD.

Dimensions:
Length—12.07 cm ($4^{3}/_{4}$″)
Width—6.70 cm ($2^{5}/_{8}$″)
Height—2.70 cm ($1^{1}/_{16}$″)
Weight—approx. 135 g (4.8 oz.) [including battery]

Operating Temperature Range:
15°C–35°C (59°F–95°F)

Operating Humidity Range:
0%–90% relative humidity (non-condensing).

Memory: Last result—either a blood glucose or Control Solution test.

Code Numbers: 1–16.

Guarantee and Warranty

30-Day Money-Back Guarantee

If you are not fully satisfied with the ONE TOUCH® BASIC® System, a full refund may be obtained by calling a LifeScan Technical Representative at the toll-free number within 30 days of purchase. You must return the ONE TOUCH® BASIC® Meter and a copy of your receipt to receive a refund.

Three-Year Warranty

If, at any time during the first three years after purchase, the Meter does not work for any reason (except for obvious abuse), LifeScan will replace it with a new or rebuilt Meter or equivalent product free of charge.

The warranty policy applies only to the original purchaser of this Meter and does not include the battery supplied with the Meter.

Please complete the Warranty Registration Card and mail it to LifeScan.

The ONE TOUCH BASIC Meter has a full three-year warranty from the original date of purchase. Write your date of purchase here:

_____

The warranty policy does not apply to the performance of the ONE TOUCH® BASIC® Meter when used with any test strip other than ONE TOUCH® Test Strips, or when the ONE TOUCH BASIC Meter or Test Strips are changed or modified in any way.

Before you return your Meter, or any product for warranty replacement, first call your LifeScan Technical Representative at the toll-free number for detailed instructions.

This warranty is in lieu of all other warranties, express or implied, including any implied warranty of merchantability or fitness for a particular purpose.

11. INDEX

LifeScan Technical Services: Canada 1 800 663-5521
USA 1 800 227-8862

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USA 1 800 227-8862

Toll-Free customer service:
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