




## Abbreviated Procedure Guide




**IMPORTANT:** Read detailed instructions and other important information in your owner's booklet.


### Coding the meter




- 1 Insert a test strip into the test port as shown. The three contact bars should be facing you. The meter will turn on and display the code from your last test. If you are using the meter for the first time, a constant  and a flashing "—" appears instead of a code.



- 2 If the code on the meter does not match the code on the test strip vial, press  or  to match the code number on the test strip vial. The display will then advance to the screen with the flashing blood drop icon .

If the flashing blood drop icon  appears before you are sure the codes match, remove the test strip and re-start from step 1.


 **CAUTION:** This step is essential to obtain accurate results.

### Getting a blood sample from your fingertip




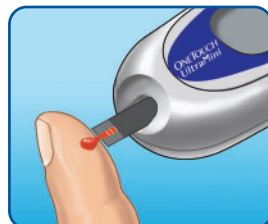
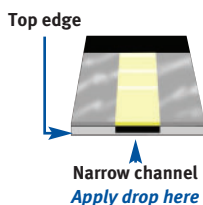
- 1 Hold the OneTouch<sup>®</sup> Lancing Device cap firmly against the side of your finger. Press the release button. Remove the OneTouch<sup>®</sup> Lancing Device from your finger.



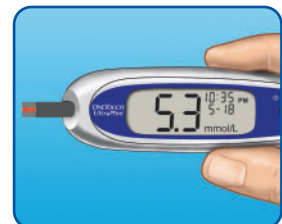
- 2 Gently squeeze and/or massage your fingertip until a round drop of blood of at least one microlitre ( actual size) forms on your fingertip.

### Applying the blood sample


- 1 When the flashing blood drop icon  appears, touch and hold the drop of blood to the narrow channel in the top edge of the test strip until the confirmation window is full.



- 2 After the meter counts down from 5 to 1, your blood glucose level appears on the display along with the unit of measure, and the date and time of the test.



If your sample does not fill the confirmation window on the first try, do not add more blood to that strip. Instead, test again with a new strip.

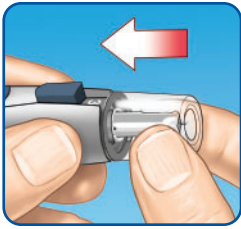
 **WARNING:** If mmol/L does not appear with the test result, call the OneTouch<sup>®</sup> Customer Care Line at 1 800 663-5521.

## Getting a blood sample from your forearm or palm

The OneTouch® UltraMini™ Meter allows you to sample blood from your forearm or palm as well as your fingertip. Before using your forearm or palm for sampling, please speak to your healthcare professional and refer to the owner's booklet for complete instructions.

1

Replace the blue cap with the AST™ Clear Cap.



2

Choose your sample site.

### Forearm

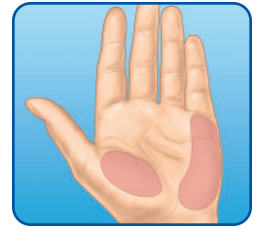
Choose a fleshy area of the forearm away from bone, visible veins and hair.

### Palm

Choose a fleshy area on the palm below the thumb or pinky finger. Select a spot with no visible veins and away from deep lines.



Forearm



Palm

3

Firmly press and hold the lancing device against your forearm or palm for a few seconds. **Wait until the skin surface under the AST™ Clear Cap changes color (as blood collects beneath the skin). This tells you there is enough blood flow for a good sample.** Then press the release button while continuing to apply pressure. Keep holding the lancing device against your skin until a round drop of blood forms under the cap.

When sampling blood from your forearm or palm, make sure the drop of blood is **of at least one microlitre** (● actual size) before you release pressure and remove the lancing device.



Forearm



Palm

## Reviewing past results

The meter stores a maximum of 50 blood glucose test results. You can review the results stored in the meter memory, starting with the most recent.

7.3 10:15 PM  
9-6  
mmol/L M

With the meter off, press and release ▼ to turn it on. Your most recent test result will appear on the display.

7.4 7:45 AM  
9-5  
mmol/L M

Press ▼ to move to the previous result stored in the meter. Then, press ▲ or ▼ to move forward or backward through all of your results. When you're finished, press and

hold ▼ for two seconds until the meter turns off.

## Setting the time and date

Before using your meter for the first time, you should check and update these settings. Start with the meter off, then press and hold ▼ for five seconds until the start-up test screen appears. After the test screen, the pre-set time and date will appear on the display for five seconds.

1:38 AM  
8-20

Note: If a setting does not need to be updated, simply wait five seconds. The meter display will automatically advance to the next setting.

1

The hour will now start flashing. Press and release ▲ or ▼ to change the hour. Note that "AM" or "PM" changes when you pass 12:00. When the correct hour is on the display, wait five seconds.

1:38 AM

**STOP** Check AM/PM. If not correct, continue to press ▲ or ▼ until the hour and "AM" or "PM" are correct.

2

The minutes will now start flashing. Press ▲ or ▼ to change the minutes, then wait five seconds.

10:38 PM

3

The year will now flash. Press ▲ or ▼ to change the year. When the correct year is on the display, wait five seconds.

05  
8-20

4

With the month flashing on the display, press ▲ or ▼ to change the month, then wait five seconds.

06  
8-20

5

The day will now flash. Press ▲ or ▼ to change the day, then wait five seconds.

06  
7-20

Your time and date settings will appear on the display for five seconds. Your settings will be saved and the meter will then turn off.

10:51 PM  
7-21

## Need help?

Call the OneTouch® Customer Care Line

1 800 663-5521

or

Visit us at [www.OneTouch.ca](http://www.OneTouch.ca)



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