

# Chapter 1: Understanding Your New System\*

## The ACCU-CHEK Aviva Meter

### Display –

Shows results, messages, and results stored in memory.

### Right and Left Arrow Buttons –

Press to view memory, adjust settings, and scroll through results.

**Test Strip Slot –**  
Insert test strip here.

### Infrared (IR) Window –

Transfers data from the meter to a computer or PDA.

### On/Off/Set Button –

Turns the meter on or off and sets options.

### Battery Door –

Flip open the battery door by pushing the tab in the direction of the arrow.

### Code Key Slot –

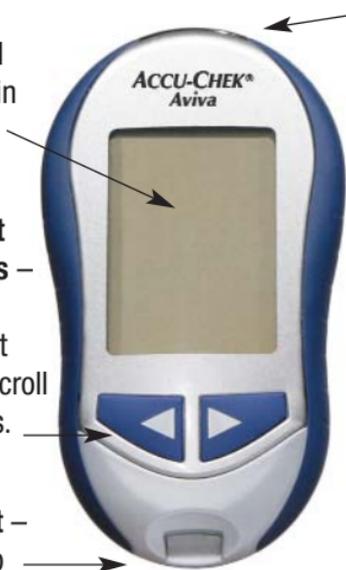
Insert code key into this opening.



**Code Key**  
(for example)



**Battery –** Insert with (+) symbol facing up.



**Golden End** –  
Insert this end  
of the test strip  
into the meter.

**Yellow  
Window** –  
Touch blood  
drop or control  
solution here.



**Test Strip**



**Test Strip Container**



**Control Solution  
Bottle**

\*Some items may be sold separately.



**Top View**



**Lancet  
Drum**



**Clear Cap**

(for obtaining blood from sites  
other than your fingertip)



**Lancing Device**

# Coding the Meter

A new code key is inside each new box of test strips.



1. Make sure the meter is off.



2. Turn the meter over.



3. Remove the old code key (if there is one in the meter) and discard it.



**Change the code key every time you open a new box of test strips! For accurate results, it is important to be sure the code key matches the code number on the test strip container.**

## Notes:

- Don't force the code key into the meter — it is made to go into the meter only one way.
- If you see “code” and “- -” on the display, turn the meter off and reinsert a code key into the meter.



- 4.** Turn the code key over so the code number faces away from you. Push it into the code key slot until it stops.



- 5.** Leave the code key in the meter until you open a new box of test strips. Remember to change the code key each time you open a new box of test strips.

# Adjusting the Time and Date—First Time Use

Your new meter comes with a preset time and date. You may need to change the time to your time zone. Having the right time and date in your meter is important if you use the meter memory or if you want to download your results to a computer. It also helps your healthcare team interpret your results.



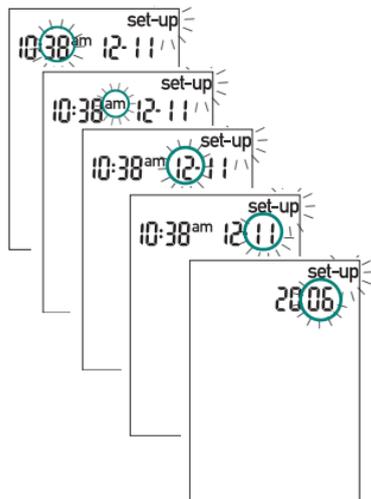
decrease

increase



1. Press and release  to turn the meter on. The time and date appear on the display. “Set-up” and the hour flash. If this is the correct time and date, press and **hold**  to exit the set-up mode.
2. Press and release  or  to decrease or increase the hour. Press and **hold**  or  to scroll faster.
3. Press and release  to set the hour. The minutes flash.

**Note:** When you install a new battery, the meter automatically prompts you to check the time and date when you turn it on. If it is correct, press and **hold**  to exit the set-up mode.



4. Repeat steps 2 and 3 to set the minutes, am/pm, month, day, and year. The flashing field is the one you are changing.
5. Once you set the year, press and **hold**  until the flashing test strip symbol appears.
6. See Chapter 4, “Meter Setup” to set other options.

# Using ACCU-CHEK Aviva Test Strips

- Only use ACCU-CHEK Aviva test strips. Using other test strips with this meter can produce inaccurate results.
- Replace the code key and run a control test every time you open a new box of test strips. See Chapter 2, “Control Testing.”
- Store the unused test strips in their original container. Do not remove test strips from the test strip container and put them into another container, such as a plastic bag, pocket, purse, wallet, etc.
- Close the container tightly right after you take a test strip out. This helps keep the test strips dry.
- Be sure to check the “Use by” date on the test strip container. Do not use the test strips after that date. See Chapter 5, “Screen Messages and Troubleshooting” for the error code for expired strip. If the “Use by” date is missing or cannot be read, do not use the test strips and call the ACCU-CHEK Customer Care Service Center at 1-800-858-8072.
- Use the test strip within three minutes after you take it out of the container.
- Store the test strips at 36 °F to 90 °F. Do not, freeze. Allow the test strips to warm to the operation temperature (43 °F – 111 °F) prior to use.
- Do not apply blood or control solution to the test strip before you insert it into the meter. If the meter gives you a result before applying blood or control solution, do not act on that result.
- Do not reuse test strips. Once you have put control solution or blood on a test strip, discard it. If you need to retest, use a new test strip.

# Inserting a Lancet Drum

*You must first load the drum into the lancing device to get it ready for use.*



1. Remove the cap by pulling it straight off. It is not a twist cap. The easiest way to do this is to place your thumb to the side of the notch as seen in the illustration.



2. Before you insert a drum, be sure that the release button is **not** yellow, and that no lancets are sticking out of the drum. Insert a new drum, blue ring first, until it stops. It clicks into place.



**3.** Slide the cap on until it stops by aligning the notch on the cap with the notch on the device.

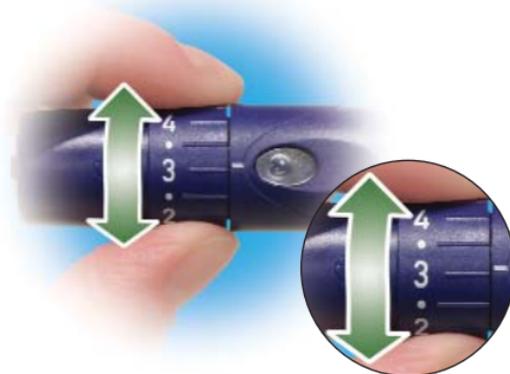


**4.** You are now ready to use the first lancet. The lancet counter on the plunger shows five white bars, meaning you have five new lancets remaining.

# Preparing the Lancing Device for Fingertip Testing



Use a new lancet for each fingerstick to avoid infection and get a virtually pain-free test.

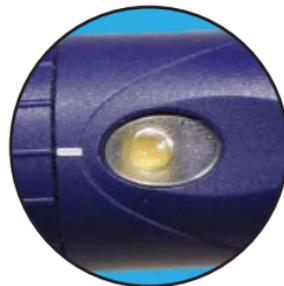


1. Make sure the blue cap is on the lancing device. Do not use the clear cap to do a fingertip test.

2. Adjust the depth by turning the Comfort Dial. The depth indicator shows the current depth selection. The higher the number, the deeper the penetration. If you have soft skin, we suggest starting at a depth of 2. If your skin is calloused or thick, try a higher setting.



**3.** Press the plunger in as far as it will go, like a pen.



**4.** The release button turns yellow. Do not press the release button while pressing the plunger. Set the lancing device aside until later in the test.



**Note:** The meter turns itself off five seconds after the test strip is removed.



Yellow release button



6. When the blood drop symbol flashes, obtain a drop of blood from your fingertip.

7. Hold the lancing device firmly against the side of your fingertip. Remember that the opening where the lancet comes out is not in the center of the cap. Press the yellow release button. Make sure that each lancet is fully retracted after use.

8. Gently squeeze your finger to assist the flow of blood. This helps you get a blood drop. Touch the drop to the tip of the yellow window of the test strip. **Do not put blood on top of the test strip.**

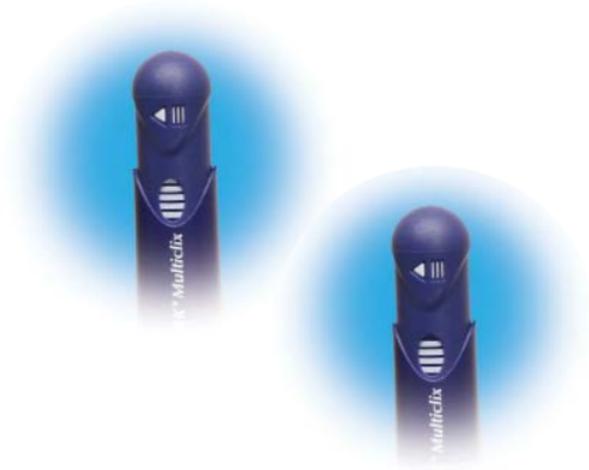


9. When you see ⏱ flash, you have enough blood in the test strip. If you applied blood but do not see the flashing ⏱ you may reapply more blood within five seconds.
10. The result appears on the display. If you want to flag your test result for a special event, leave the test strip in the meter. See Chapter 3, “Flagging Test Results.” Otherwise, throw the used test strip away.



**If mg/dL does not appear with the test result call the ACCU-CHEK Customer Care Service Center at 1-800-858-8072. Use of the wrong unit of measure may cause misinterpretation of your actual blood glucose level, and may lead to incorrect treatment.**

**Note:** Do not twist the plunger when the release button is yellow or when the lancet counter shows no white bars. This may damage the device.



- 11.** For virtually pain-free testing, we recommend that you advance to a new, sterile lancet after each test. To load the next lancet, twist the plunger one-quarter turn forward (until it stops), then twist it back all the way.
- 12.** The lancet counter decreases by one white bar. For safety reasons, once you advance to a new lancet, you cannot go back to a used lancet.

## Changing the Lancet Drum

*When you have used the sixth and last lancet, you should change the drum.*



**1.** Take the blue cap off the lancing device by pulling it straight off. It is not a twist cap. The easiest way to do this is to place your thumb to the side of the notch as seen in the illustration.

**2.** Hold the drum between your thumb and index finger and pull it straight out of the lancing device. Two red stripes are visible on the white part, indicating that the drum has been used.

**Notes:**

- **A used drum cannot be reinserted into the lancing device.**
- **If the ACCU-CHEK Multiclix lancing device or drum is dropped on a hard surface, the lancets may stick out slightly from the drum and could cause injury. If you drop a drum, always pick it up at the red striped end and dispose in a sharps container.**



OR



**3.** Throw the old drum away. Always dispose in accordance with local regulations.

**4.** Before you insert a drum, be sure that the release button is **not** yellow. Insert a new drum, blue ring first, until it stops. It clicks into place.