PocketScan™

COMPACT BLOOD GLUCOSE MONITORING SYSTEM

Owner's Booklet

LIFESCAN

a Johnson & Johnson company

PocketScan™

COMPACT BLOOD GLUCOSE MONITORING SYSTEM

Owner's Booklet

Times of Day	Glucose Ranges for People Without Diabetes (mmol/L)	Your Target Ranges (mmol/L)
Before breakfast	3.9-5.8	_____
Before lunch or dinner	3.9-6.1	_____
1 hour after meals	Less than 8.9	_____
2 hours after meals	Less than 6.7	_____
Between 2 and 4 AM	Greater than 3.9	_____

Source: Krall, L.P., and Beaser, R.S.: *Joslin Diabetes Manual.* Philadelphia: Lea and Febiger (1989), 138.

Important Phone Numbers:

Meter Serial No.

_____

LifeScan Customer Care FreePhone number:
UK: 0800 121200, Republic of Ireland: 1800 535676

_____ Healthcare Professional

_____ Pharmacist

_____ Diabetes Specialist Nurse

_____ Other

Dear PocketScan™ System Owner:

You have chosen one of the best blood glucose monitoring systems available today. Your PocketScan System will provide you with the accurate and fast blood glucose test results you need for better management of your diabetes. You just need to follow a few simple steps.

This owner's booklet contains everything you need to know about using the PocketScan System. Read it carefully and thoroughly before you begin testing.

Blood glucose monitoring plays an important role in controlling your diabetes. A long-term study of diabetes showed that keeping blood glucose levels close to normal can reduce the risk of complications by up to 60%.* The results you get with the PocketScan System can help you and your healthcare professional monitor and adjust your treatment plan to gain better control of your diabetes.

A Warranty Registration Card is included with your PocketScan System. Please complete it and post it to us.

* American Diabetes Association position statement on the Diabetes Control and Complications Trial (1993).

The PocketScan™ System is intended for use outside the body (in vitro diagnostic use). It should be used only for testing glucose (sugar) and only with fresh capillary whole blood samples. It should not be used for the diagnosis of diabetes or for the testing of newborns.

CAUTION:

Before using any product to test your blood sugar (blood glucose), read all instructions and practice the test. Do all quality control checks as directed and consult with a diabetes healthcare professional.

Important Information

- Severe dehydration and excessive water loss may cause false low results. If you believe you are suffering from severe dehydration, consult a healthcare professional immediately.
- Test results below 3.3 mmol/L (60 mg/dL) mean low blood glucose (hypoglycemia). Test results greater than 13.3 mmol/L (240 mg/dL) mean high blood glucose (hyperglycemia). If you get results below 3.3 mmol/L (60 mg/dL) or above 13.3 mmol/L (240 mg/dL), and do not have symptoms, first repeat the test. If you have symptoms or continue to get results that fall below 3.3 mmol/L (60 mg/dL) or above 13.3 mmol/L (240 mg/dL), follow the treatment advice of your healthcare professional.
- If you are experiencing symptoms that are not consistent with your blood glucose test results AND you have followed all instructions described in the PocketScan™ Owner's Booklet, call your healthcare professional.
- A red blood cell count (Haematocrit) that is very high (above 55%) or very low (below 30%) can cause false results.

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GETTING STARTED

The Complete PocketScan™ Blood Glucose Monitoring System

The PocketScan Blood Glucose Monitoring System consists of three main products: the PocketScan™ Blood Glucose Meter, PocketScan™ Test Strips, and PocketScan™ Control Solution. These products have been designed, tested, and proven to work together as a system to produce accurate blood glucose test results. Use only PocketScan Test Strips and PocketScan Control Solution with the PocketScan Blood Glucose Meter.

Your PocketScan™ System includes:

- PocketScan™ Meter
- PocketScan™ Test Strips
- PocketScan™ Control Solution
- Penlet II Automatic Blood Sampler
- Sterile Lancets
- Owner's Booklet
- Sporty Carrying Case
- Quick Reference Guide
- Warranty Registration Card
- Record Book
- Two 1.5 V #357 silver oxide batteries (pre-installed).

PocketScan™ Blood Glucose Meter

DISPLAY

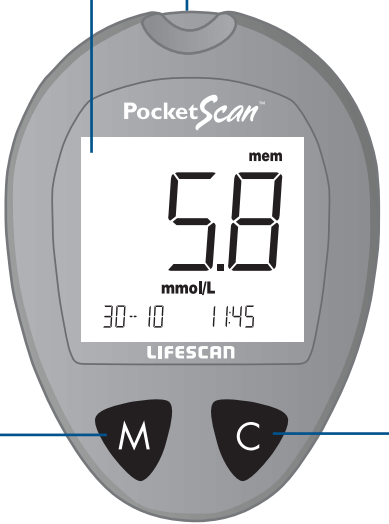
Your test results are displayed here. The large, easy-to-read display is where you read the symbols and simple messages that guide you through the test.

M BUTTON

The M (Mode) button is used to set up the meter, enter the memory mode, and turn the meter on and off.

TEST PORT

The test port is where you insert the PocketScan™ Test Strip for testing. The meter will turn on automatically when you insert a test strip.



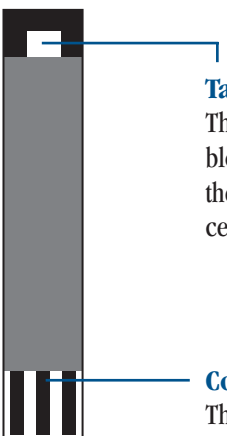
C BUTTON

The C (Change) button is used to change the date and time, code number, and unit of measurement, as well as to indicate control solution tests and to review test results while in the memory mode.

PocketScan™ Test Strips

The PocketScan™ Blood Glucose Monitoring System measures the amount of sugar (glucose) in whole blood. Blood is applied to the target area of the PocketScan Test Strip. The test strip automatically draws the required quantity of blood into the reaction cell in which the reaction takes place.

The PocketScan Test Strip consists of the following parts:



Target Area
This is where you apply a small drop of blood. The required amount of blood is then automatically drawn into the reaction cell.

Contact Bars
This end of the test strip is inserted into the meter.

Important Test Strip Information

- Store the test strip package in a cool, dry place below 30°C (86°F). Keep away from direct sunlight and heat. Do not refrigerate.
- Store your test strips in their original vial only; do not transfer them to a new bottle or any other container.
- After removing a PocketScan™ Test Strip from the vial, replace the vial cap and close it tightly.
- You may touch the test strip anywhere on its surface when removing it from the vial or inserting it into the meter.
- Use each test strip immediately after removing it from the package.
- Write the discard date on the vial label when you open it. Discard PocketScan Test Strips and the vial three months after first opening.
- Apply only PocketScan™ Control Solution or a blood sample to the target area. Applying other substances to the target area will cause inaccurate results.
- Do not use test strips beyond the expiration date printed on the package since they may cause inaccurate results.
- Do not bend, cut, or alter a PocketScan Test Strip in any way.

WARNING: Keep the test strip vial away from children; the cap is a choking hazard. Also, the cap contains a pouch filled with drying agents that may be harmful if inhaled or swallowed and may cause skin or eye irritation.

BEFORE TESTING

Checking the Display

Each time you insert a test strip into the PocketScan™ Meter or turn the meter on, all segments of the display will appear briefly. This tells you that the system is performing several self-checks and allows you to confirm that all display segments are working properly.

Coding the Meter

Code numbers are used to calibrate the PocketScan™ Test Strips with the PocketScan Meter for accurate results. You must code the meter before using it for the first time and then every time you change to another vial of PocketScan Test Strips. Check that the code number on the meter display matches the code number on the test strip vial.

CAUTION:

If the code numbers do not match, test results may be inaccurate.

STEP 1

Enter the Code Mode.

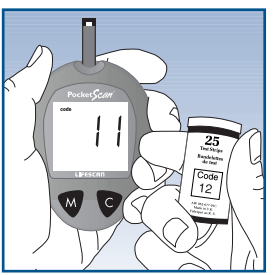
Start with the meter turned off. Insert a PocketScan™ Test Strip to turn on the meter. All segments of the display will appear followed by the date and time. Next, the code number will appear on the display for three seconds.

(Example)

STEP 2

Match the Code Numbers.

Compare the code number on the meter display with the code number on the test strip vial. If the two code numbers match, you may begin testing. If they do not match, follow Step 3. When you first use the meter, three dashes (---) will appear, showing that there is no code stored in the memory.



(Example)

(Example)

STEP 3

Code the Meter.

Use the C button to select the correct code. Each time you press and release the C button, the number will increase by one. To move faster, simply press and hold the C button. After you have selected the correct code number, it will flash for three seconds and then appear solid for three seconds. Then the symbol will appear, indicating that the PocketScan™ System is ready for testing.

Checking the System with PocketScan™ Control Solution

PocketScan Control Solution is used to check that the **meter and test strips are working together as a system** and that you are performing the test correctly. It is very important that you do this simple check routinely to make sure you get accurate results.

PocketScan Control Solution contains a known amount of glucose that reacts with PocketScan™ Test Strips. Compare your control solution test results with the expected range printed on the test strip vial label. Control solution should be used to:

- Practice the test procedure.
- Make sure your meter and test strips are working together properly.
- Ensure you are performing the test correctly.

Before you use the PocketScan™ Meter to test your blood for the first time, practice the procedure using control solution. When you can do three tests in a row that are within the expected range, you are ready to test your blood.

Do a control solution test:

- When you begin using a new vial of test strips.
- At least once a week.
- Whenever you suspect that the meter or test strips are not working properly.
- When your blood glucose test results are not consistent with how you feel, or when you think your results are not accurate.
- If you drop the meter.

The control solution test is similar to a blood test except that you use PocketScan™ Control Solution instead of a drop of blood.

Important Control Solution Test Information

- Use only PocketScan™ Control Solution.
- Check the expiration date on the control solution vial. **Do not** use if expired.
- Shake the vial and discard the first drop of PocketScan Control Solution.
- Use only for three months after first opening. Record the discard date (date opened plus three months) on the control solution vial. **Discard after three months.**
- Store the control solution tightly closed at room temperature below 30°C (86°F). Do not refrigerate.

CAUTION: The control solution range printed on the test strip vial is for PocketScan Control Solution only. It is used to test meter and test strip performance. It is not a recommended range for your blood glucose level.

How to do a control solution test:

Note: You cannot perform a control solution test until you have set up the meter completely (see pages 6-9).

STEP 1

Insert Test Strip.

Insert a test strip, contact bars end first and facing up, into the test port. (Contact bars must be inserted all the way into the meter or you may get an inaccurate test result.) The meter will turn on automatically. All segments will appear briefly on the display followed by the date and time. Then "code 12" (example) is followed by the symbol. Be sure the code number on the display matches the code number on the test strip vial. If the code numbers do not match, code the meter correctly.

When the symbol appears on the display, press and hold the C button until "ctl" appears. With the "ctl" sign on the display, the meter will mark your next test in memory as a control solution test.

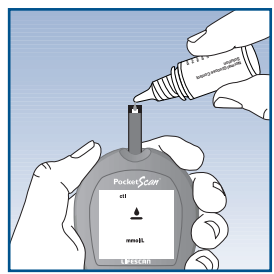
If you decide not to perform a control solution test, the "ctl" sign will disappear if you press the C button again.

Note: Every time you perform a control solution test, you must mark the test with the "ctl" sign so that the test will be distinguished from a blood glucose test in the meter memory.

STEP 2

Apply Control Solution.

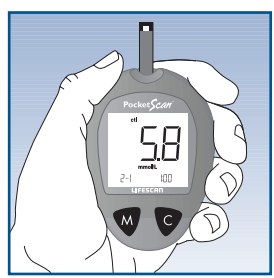
Shake the control solution vial well. Remove the cap. Squeeze the vial and discard the first drop. Apply the second drop to the white target area of the test strip.



STEP 3

Result Appears in 15 Seconds.

The meter will count down from "15" to "1" second and the control solution test result will appear. Compare the result with the range printed on the test strip vial. The result should fall within this range.



(Example)

CAUTION:

If you continue to get control solution test results that fall outside of the range printed on the vial, the system may not be working properly. **Do not** use the system to test your blood if you continue to get test results that fall outside of the range. If you are unable to resolve the problem, call LifeScan Customer Care FreePhone at **UK: 0800 121200, Republic of Ireland: 1800 535676**.

Comparing control solution results

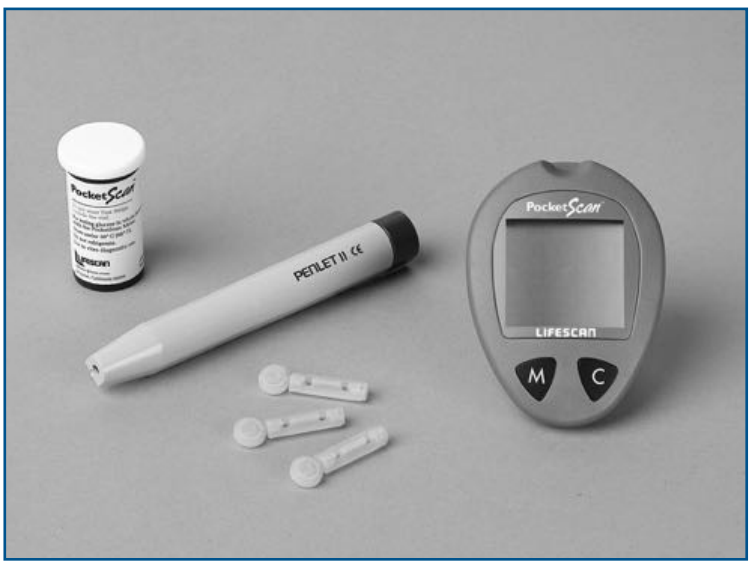
If test results fall outside the range printed on the test strip vial, repeat the test. Out-of-range results may be caused by one or more of the following:

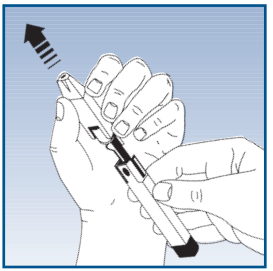
- Error in performing the test.
- Failure to shake the control solution vial vigorously.
- Expired or contaminated control solution.
- Control solution that is too warm or too cool.
- Failure to discard the first drop of control solution.
- Improper coding of the meter.
- Test strip deterioration.
- Meter malfunction.

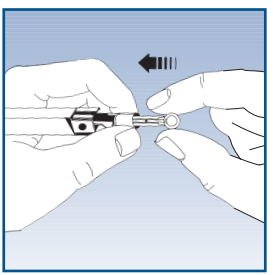
TESTING YOUR BLOOD

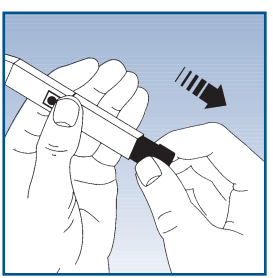
Be sure to read this section carefully before using. Make sure you have all the items needed to test:

- PocketScan™ Meter
- PocketScan™ Test Strips
- Penlet®II Automatic Blood Sampler
- Sterile Lancet









Getting a Drop of Blood

CAUTION: Use a new, sterile lancet every time you test.

- To avoid contamination never use a lancet that has been used by someone else.
- If you share a Penlet II automatic blood sampler with another person, each person should use a new sterile lancet and a new or properly desinfected cap.
- Do not use lancet if protected disk has been removed or damaged.
- Dispose of the used lancet in an appropriate container for sharp objects.

STEP 1

Insert a Lancet in the PENLET II Automatic Blood Sampler.

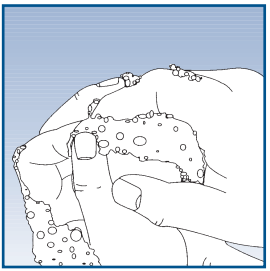
Remove the PENLET II Cap by pulling it straight off. Insert the lancet into the lancet holder. Hold the lancet firmly, and gently twist and pull off the protective disk. Replace the cap.

STEP 2

Cock the PENLET II Sampler.

Pull out the sliding barrel until it clicks. If

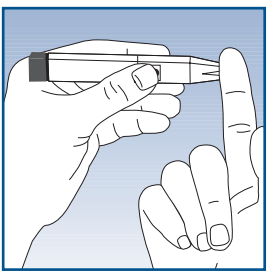
it does not click, the PENLET II Sampler may have been cocked when the lancet was inserted.



STEP 3

Wash Your Hands.

Use warm, soapy water. Rinse and dry them thoroughly. Hanging your arm down for 20 seconds will help if you have difficulty obtaining enough blood.

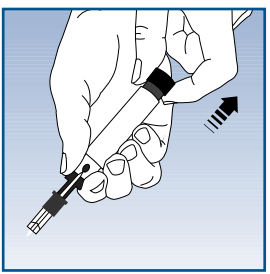


STEP 4

Lance Your Finger.

Hold the PENLET II Sampler **firmly** against the **side** of your finger. Press the release button. If necessary, squeeze your finger gently to obtain a drop of blood.

STEP 5



Remove the Lancet.

Remove the cap. Grasp the two prongs near the release button and pull back on the sliding barrel. The used lancet will drop out. Discard it in a container for sharp objects.

Note: You cannot perform a blood glucose test until you have set up the meter completely.

STEP 1

Insert Test Strip.

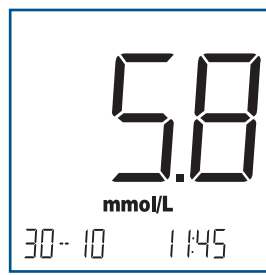
Insert the test strip, contact bars end first and facing up, into the test port. (Contact bars must be inserted all the way into the meter or you may get an inaccurate test result.) The meter will turn on automatically. All segments will appear briefly on the display followed by the date and time. Then "code 12" (example) and the symbol will appear. Make sure the code number on the display matches the code number on the vial of PocketScan™ Test Strips you are using. If the code numbers do not match, code the meter.

STEP 2

Apply Sample.

Obtain a drop of blood from your finger using the PENLET II Automatic Blood Sampler. When the symbol appears on the display, touch a small drop of blood to the white target area of the test strip. Hold your finger against the test strip until the meter begins to count down. (If you do not apply a blood sample within two minutes, the meter will turn itself off. You must remove the test strip and insert it back into the meter to restart the test.)

STEP 3

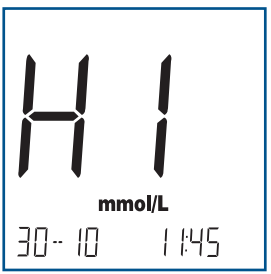


(Example)

Accurate Results in Just 15 Seconds.

Your blood glucose test result will appear after the meter counts down from "15" to "1" second. Blood glucose test results are automatically stored in the meter memory. Turn the meter off by removing the test strip.

Record all test results in the Record book. This helps you keep track of test results.



(Example)

Special Messages

The PocketScan™ Meter displays results between 1.1 and 33.3 mmol/L (20 to 600 mg/dL). If your test result is lower than 1.1 mmol/L (20 mg/dL), "LO" will appear on the meter display. This indicates severe hypoglycemia (low blood glucose). You should immediately treat hypoglycemia as recommended by your healthcare professional.

If your blood glucose test result is above 33.3 mmol/L (600 mg/dL), "HI" will appear on the meter display. **This indicates severe hyperglycemia (high blood glucose). You should seek immediate medical assistance.**

When your blood glucose test result is between 13.3 and 33.3 mmol/L (240 to 600 mg/dL), "ketones?" will appear on the meter display. This message does not mean that the system detected ketones but that testing with a urine ketone test strip may be advisable.

USING THE METER MEMORY

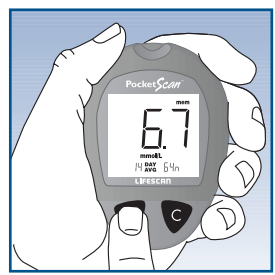
Your PocketScan™ Meter stores the 150 most recent blood glucose and control solution test results with date and time in its memory. It also provides you with a 14-day average of your blood glucose test results. You can review the test results in memory with these easy steps:

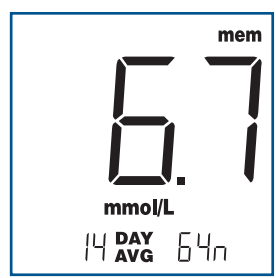
STEP 1

Enter the Memory Mode.

With the meter turned off, press the M button. The 14-day average will appear, indicating that you are in the memory mode. You can now review the 14-day average and the last 150 tests in the memory. The 14-day average appears first; it is calculated from the blood glucose results obtained during the last 14 days. It also indicates how many blood glucose tests have been performed within this period, e.g., 64n (64 tests in the last 14 days). When using the meter for the first time, "14 DAY AVG ---" will appear, showing that there are no test results in memory.

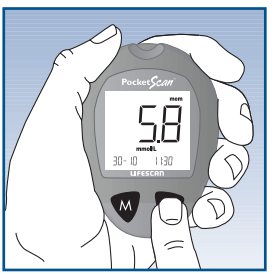
Note: A hi result will be included in your 14-day average as 33.3 mmol/L (600 mg/dL); a lo result will be included as 1.1 mmol/L (20 mg/dL). Results marked as control solution will not be included in your 14-day average.





(Example)

Note: You can enter the memory mode from the test mode. After completing a blood glucose or control solution test and while the test result is still on the display, press the M button. This will put the meter into the memory mode.



(Example)

STEP 2

Recall Test Results.

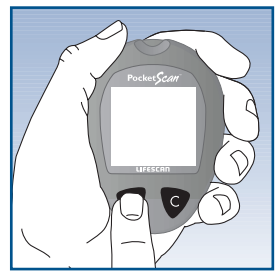
After three seconds, the 14-day average will be replaced by the most recent test result with date and time. Press the C button once and the next most recent test result will appear. Each time you press and release the C button, the meter will recall up to your last 150 test results in order. When the memory is full, the oldest result is dropped as the newest is added. To move through the tests in memory more quickly, press and hold the C button. Control solution test results will appear on the display with "ctl mem."

Note: When using the meter for the first time, "mem---" will appear, showing that there are no test results in memory.

STEP 3

Exit the Memory Mode.

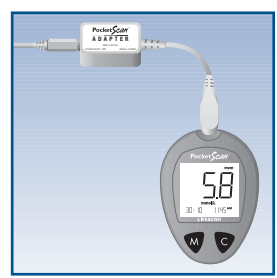
Press the M button to turn off the meter.



(Example)

Data Downloading

Using a PocketScan™ Adapter, you can easily transfer your test results to a LifeScan Interface Cable connected to a serial port on your personal computer. The test result data can then be viewed using any PocketScan™ Meter-compatible software. To obtain information on the PocketScan Adapter, call the LifeScan Customer Care Freephone 0800 121200 for further details.



COMPARING METER AND LABORATORY RESULTS

The blood glucose test result you obtain from your meter may be different from your laboratory result due to normal variation. The two results should, however, be within 20% of each other.[1] To make an accurate comparison between meter and laboratory results, follow the guidelines below.

Before you go to the lab:

- Perform a control solution test to make sure the meter is working properly.
- It is best to fast for at least eight hours before doing comparison tests.
- Take your meter with you to the lab.

While at the lab:

- Make sure that the samples for both tests (the meter test and the lab test) are taken and tested within 15 minutes of each other.
- Wash your hands before obtaining a blood sample.
- Never use your meter with blood that has been collected in a grey-top test tube.
- Use fresh capillary blood only.

You may still have a variation from the result because blood glucose levels can change significantly over short periods, especially if you have recently eaten, exercised, taken medication, or experienced stress.[2] In addition, if you have eaten recently, the blood glucose level from a fingerstick can be up to 3.9 mmol/L (70 mg/dL) higher than blood drawn from a vein (venous sample) used for a lab test.[3] Therefore, it is best to fast for eight hours before doing comparison tests. Factors such as the amount of red blood cells in the blood (a high or low Haematocrit) or the loss of body fluid (severe dehydration) may also cause a meter result to be different from a laboratory result.

Plasma/Serum: The PocketScan System is calibrated to plasma/serum, which allows you to compare directly PocketScan meter results with your lab results.

References

1. Clarke, W.L., et al.: *Diabetes Care*, Vol. 10, No. 5 (1987), 622-628.
2. Surwit, R.S., and Feinglos, M.N.: *Diabetes Forecast* (1988), April, 49-51.
3. Sacks, D.B.: "Carbohydrates." Burtis, C.A., and Ashwood, E.R. (ed.), T*ietz Textbook of Clinical Chemistry*. Philadelphia: W.B. Saunders Company (1994), 959.

CARING FOR YOUR METER

Maintenance

Your PocketScan™ Meter does not require special maintenance. As no blood or control solution comes in contact with the meter, there is no special cleaning required. Take care to avoid getting dirt, dust, blood, control solution, or water inside the meter through the test port. Store the meter in its carrying case after each use.

To clean the outside of the meter, wipe it with a damp cloth and mild detergent. Your PocketScan Meter is a precision instrument. Please handle it with care.

Batteries

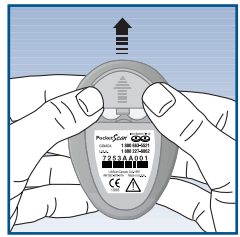
Your PocketScan™ Meter comes with two 1.5 V #357 silver oxide batteries that are already installed. Each pair of batteries will provide you with enough power to perform about 1,000 tests.

The meter will alert you when the power is getting low by displaying two different messages:

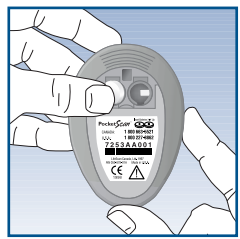
1. The  symbol appears on the display when the meter is turned on and all the other display messages are functional. From the time the  symbol first appears, there is enough power left for about 50 tests. The test results will be accurate, but it is time to change the batteries.

2. The  symbol appears on the display by itself. This means that the batteries will not provide enough power for a test. You must change the batteries.

To replace the batteries, make sure that the meter is turned off. Turn the meter over and locate the battery compartment.

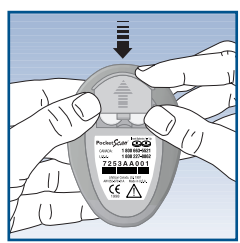


1. Press down with both thumbs on each side of the battery cover's imprinted arrow. Then slide the battery cover away in the direction of the arrow.



2. Remove the old batteries. Insert two 1.5 V #357 silver oxide batteries, making sure the positive "+" side of each battery is facing up in the meter.

3. Place the three tabs of the battery cover into the three slots in the meter. Push the battery cover upward in the direction of its imprinted arrow to align the sides of the battery cover with the meter. Slide the battery cover down into place until it clicks.

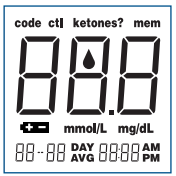
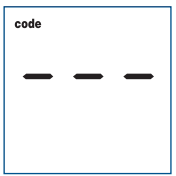
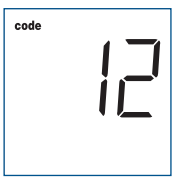


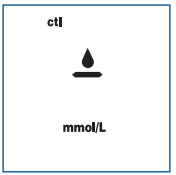
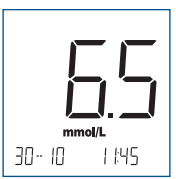
Note:

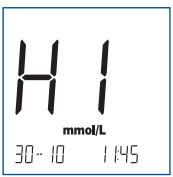
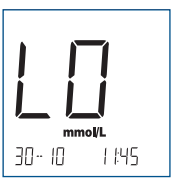
- Replacing the batteries **does not** affect the meter's memory (previous test results stored in memory). However, the date and time settings may need to be updated.
- The first time you turn on the meter after replacing the batteries, it will go into the setting mode. At this time, you should update the date and time settings.

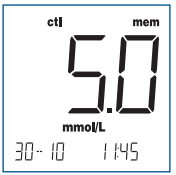
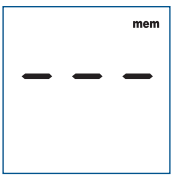
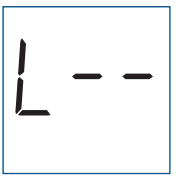
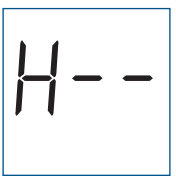
DISPLAY MESSAGES AND PROBLEM-SOLVING GUIDE

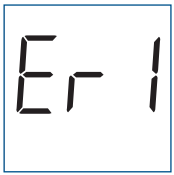
Following is a summary of all display messages and symbols. In the event of a problem, refer to the information under ACTION.

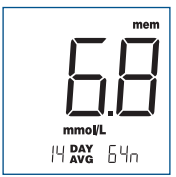
MESSAGE	WHAT IT MEANS	ACTION
	System check. Appears upon insertion of a test strip or whenever the meter is turned on. Verifies that all segments are present on the display.	If segments are missing, contact LifeScan Customer Care FreePhone, UK: 0800 12100, Republic of Ireland: 1800 535676, for further action. Missing segments can lead to the wrong interpretation of the displayed test result.
	This message appears immediately after the system check if your meter has not been coded.	See "Coding the Meter," pages 10-12.
	This is the code number stored in the meter.	Make sure that this code number matches the code number on the vial of the test strips you are using.
	The system is ready to accept a blood sample.	You may now apply the blood sample.

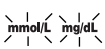
MESSAGE	WHAT IT MEANS	ACTION
	The system is ready to accept a control solution test sample.	You may now apply the control solution.
	Fifteen-second count-down. The meter is verifying the test strip and is calculating the result. At the end of the count-down, the meter will display the test result.	No action required.
	A blood glucose test result in mg/dL.	No action required.
	A blood glucose test result in mmol/L.	No action required.

MESSAGE	WHAT IT MEANS	ACTION
	A blood glucose test result with a suggestion to check your ketone levels.	You may want to check your ketone levels. Act according to instructions of your healthcare professional.
	Your blood glucose level is higher than 33.3 mmol/L (600 mg/dL).	This message indicates very high blood sugar. You should recheck your glucose level and if hi call your doctor immediately.
	Your blood glucose level is lower than 1.1 mmol/L (20 mg/dL).	This message indicates very low blood sugar. You should treat this condition according to the recommendations of your healthcare professional.
	A blood glucose test result stored in the memory.	No action required.

MESSAGE	WHAT IT MEANS	ACTION
	A control solution test result stored in the memory.	No action required.
	There is no test result stored in this place in the memory.	No action required.
	Either the ambient temperature or the meter's temperature was too low to perform a test.	Repeat the test in a warmer place 15-35°C (59-95°F). Allow 20 minutes for the instrument to equilibrate to the new ambient temperature before retesting.
	Either the ambient temperature or the meter's temperature was too high to perform a test.	Repeat the test in a cooler place 15-35°C (59-95°F). Allow 20 minutes for the instrument to equilibrate to the new ambient temperature before retesting.

MESSAGE	WHAT IT MEANS	ACTION
	Error message that indicates that there is a problem with the meter.	Review the instructions and try again with a new test strip. If the problem persists, call LifeScan Customer Care FreePhone, UK: 0800 121200, Republic of Ireland: 1800 535676, for help.
	Error message could be caused by a used test strip or indicates a temporary or permanent electronics problem.	Repeat the test with a new test strip. If the error message appears again, contact LifeScan Customer Care FreePhone at UK: 0800 121200, Republic of Ireland: 1800 535676.
	Error message that indicates that the blood sample was applied before appeared on the display.	Repeat the test with a new test strip. Apply blood sample only when appears on the display.

MESSAGE	WHAT IT MEANS	ACTION
	Error message that indicates that there may be a problem with the test strip, e.g., the test strip may have been damaged, removed during testing, or inserted improperly.	Check that the code number on the meter display matches the code number on the test strip vial. Check test strip for damage. Code meter or retest as necessary. Repeat the test. If the error message appears again, contact LifeScan Customer Care FreePhone at UK: 0800 121200, Republic of Ireland: 1800 535676.
	Average of the last 14 days (64 tests were performed within this period).	No action required.

MESSAGE	WHAT IT MEANS	ACTION
	The battery sign appears on the display with the unit of measurement. The power of the batteries is getting low. You can complete about 50 more tests from the time this symbol first appears.	Test results will still be accurate, but replace the batteries as soon as possible.
	The battery sign appears on the display by itself. The power of the batteries is too low to run a test.	Replace the batteries at once. The meter will not operate.
	This is the first time you are using the meter. The unit of measurement is not yet selected.	Select the appropriate unit of measurement.

If the meter does not display a message after inserting a test strip:

PROBABLE CAUSE	WHAT TO DO
a. Batteries exhausted.	Replace the batteries.
b. Batteries incorrectly installed or absent.	Check that the batteries are correctly installed with the positive "+" side up.
c. Test strip inserted upside down or incompletely.	Insert the test strip correctly with the contact bars end first and facing up.
d. Defective Meter.	**Call LifeScan Customer Care FreePhone, UK: 0800 121200, Republic of Ireland: 1800 535676.**

If the test does not start after applying the sample:

PROBABLE CAUSE	WHAT TO DO
a. Insufficient blood sample.	Repeat the test with a new test strip and a larger sample.
b. Defective test strip.	Repeat the test with a new test strip.
c. Sample applied after automatic shutoff (two minutes after last user action).	Repeat the test with a new test strip; apply sample only when appears on the display.
d. Defective Meter.	**Call LifeScan Customer Care FreePhone, UK: 0800 121200, Republic of Ireland: 1800 535676.**

SPECIFICATIONS

Result Range: 1.1 to 33.3 mmol/L (20 to 600 mg/dL)

Sample: Fresh capillary whole blood

Sample Size: 2.5 microliters

Test Time: 15 seconds

Assay Method: Glucose oxidase biosensor

Power Source: Two replaceable 1.5 V #357 silver oxide batteries

Battery Life: 1,000 tests, or about one year at three tests per day

Glucose Units: Either mmol/L or mg/dL

Calibration: Plasma/Serum

Memory: 150 blood glucose and control solution tests

Automatic Shutoff: Two minutes after last user action

Size: 7.92 cm x 5.71 cm x 1.90 cm

Weight: 45.3 grams with batteries

Operating Ranges:

Temperature15-35°C /59-95°F

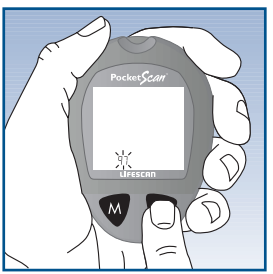
Relative Humidity 10-90%

Hematocrit 30-55%

CHANGING METER SETTINGS

Changing the Date

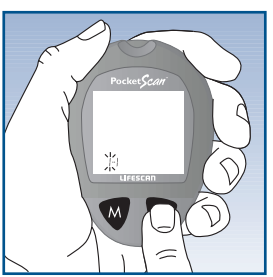
To change the date, you must first enter the setting mode. Start with the meter off. Then press and hold the M button for three seconds. The meter is now in the setting mode.



STEP 1

Set the Year.

The **year** setting will appear first. Press and release the C button to advance one **year**. To move faster, hold the C button down. With the correct year on the display, press the M button and the month and day will appear on the display with the month segment flashing.



STEP 2

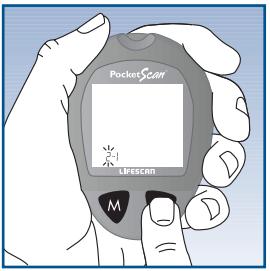
Set the Day.

Press and release the C button until the correct **day** appears. To move faster, hold the C button down. With the correct day on the display, press the M button and the hour and minutes settings will appear with the hour segment flashing.

STEP 3

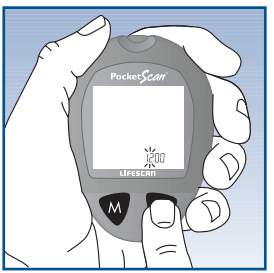
Set the Month.

Press and release the C button until the correct **month** appears. To move faster, hold the C button down. With the correct month on the display, press the M button and the day segment will start flashing.



Changing the Time

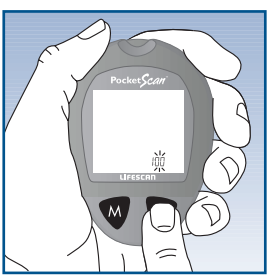
Before setting the time, you must first set the date.



STEP 1

Set the Hour.

Press and release the C button to advance one **hour**. To move faster, hold the C button down. With the correct hour (with AM or PM) on the display, press the M button and the minutes setting will start flashing.



STEP 2

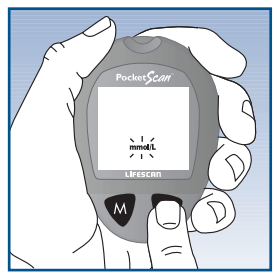
Set the Minutes.

Press and release the C button to advance one **minute**. To move faster, hold the C button down. With the correct minute on the display, press the M button and the current unit-of-measurement setting will appear.

Note: Your PocketScan™ Meter displays a 14-day average which you can access from the meter memory. This average is calculated from results obtained during the 14 days preceding the current date and time settings. When the date and time are changed, the 14-day average may change.

Changing the Unit of Measurement

The PocketScan™ Meter can display test results in millimoles per liter (mmol/L) or in milligrams per deciliter (mg/dL). Before setting the unit of measurement, you must first set the date and time.



STEP 1

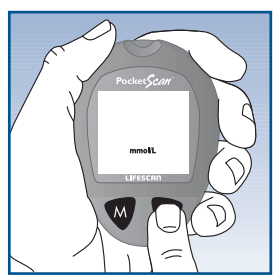
Select mmol/L or mg/dL.

Press the C button until the unit of measurement you are choosing appears on the display.

STEP 2

Exit the Setting Mode.

After choosing your unit of measurement, press the M button to turn off the meter. The meter will display all test results in this unit of measurement.



Note: You must move through the year, day, month, hour, minutes, and unit of measurement to turn off the meter and exit the setting mode. The unit of measurement must be set in order to get a test result.

GUARANTEE

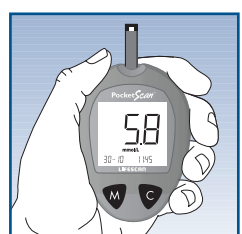
The makers guarantee that the PocketScan™ Meter shall be free of defects in material and workmanship for a period of three years. This guarantee is valid from the date of purchase. The guarantee extends only to the original purchaser and is not transferable.

TEST SUMMARY*

1. ***Insert test strip.*** Meter turns on automatically.

2. ***Apply sample.*** Touch a small drop of blood to the target area. Hold your finger against the test strip until the meter begins to count down.

3. ***Accurate results in just 15 seconds.***



(Example)

* This summary is intended only for quick reference and not as a substitute for the PocketScan™ Owner's Booklet.

Notes

LifeScan Customer Care FreePhone

UK 0800 121200

Republic of Ireland 1800 535676

LifeScan Inc.
1000 Gibraltar Drive
Milpitas, CA 95035 USA

LifeScan Regulatory Affairs Europe
Div. d'Ortho-Clinical Diagnostics
1, rue Camille Desmoulins
92130 Issy les Moulineaux, France

Blood Glucose Meter: CE - EMC Directive (89/336/EEC)
Blood sampler: CE - MDD Directive (93/42/EEC), Class I

Lancets: CE 0120 - MDD Directive (93/42/EEC), Class IIa

Produced by:
Gainor Medical
2205 Hwy 42 North
McDonough, GA 30253 USA

CE
1998

The enclosed LifeScan Blood Glucose Meter, as an electromedical device, has been thoroughly tested and found to comply with the essential requirements of the Electro Magnetic Compatibility Directive (EMC, 89/336/EEC), 1998.

Visit the LifeScan website at
http://www.lifescan.com

LifeScan Customer Care FreePhone

UK 0800 121200

Republic of Ireland 1800 535676

LifeScan, UK
A Division of Ortho-Clinical Diagnostics
Enterprise House
Station Road
Loudwater, High Wycombe
Buckinghamshire HP10 9UF
United Kingdom

Registered in England 2549777. Registered office: Mandeville House,
62 The Broadway, Amersham, Buckinghamshire, England HP7 OHJ

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