

**Contour  
next**  
Blood Glucose Monitoring System



**NO CODING**

## Your CONTOUR®NEXT Meter



## Your CONTOUR®NEXT Test Strip

**CAUTION:** Use only CONTOUR NEXT test strips with your CONTOUR NEXT meter.

For a full list of important warnings and limitations of your system, please see the first 5 pages of your CONTOUR®NEXT meter user guide, especially INDICATIONS FOR USE, IMPORTANT SAFETY INFORMATION, WARNINGS and PRECAUTIONS.

## Turning the Meter On or Off

- Press and hold the **OK** button until your meter turns **On** or **Off**.
- Inserting a test strip into the meter test strip port will turn the meter on.

## Up/Down Scroll/OK Buttons

- The **▲** or **▼** scroll buttons allow you to change values or options one at a time. You can hold the **▲** or **▼** button to scroll.
- Press the **OK** button to select the highlighted option.
- To exit from the Logbook or Trends and return to the Main Menu, press the **OK** button.
- To exit from Setup and return to the Main Menu, scroll down to **Main Menu** and press the **OK** button.

## Initial Setup of Your Meter

You must set up your meter before doing your first blood sugar test.



- Press and hold the **OK** button until the meter turns on.



- Press the **▼** button if needed to highlight your desired language. Scroll down to see more languages. Press the **OK** button to select.

A screen confirms your choice. Press the **OK** button to continue.



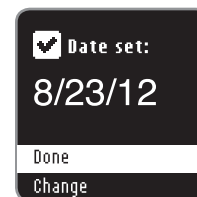
- The time will appear and you can **Accept** or **Change**. To change the time, use the **▼** button to select **Change** and press the **OK** button. Use the **▲** or **▼** buttons to change and press the **OK** button to move to the next item.



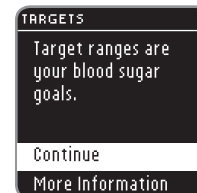
A screen confirms your choice. Press the **OK** button to move to date setup.



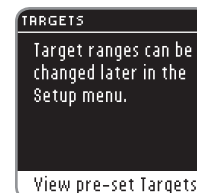
- The date will appear and you can **Accept** or **Change**. To change the date, use the **▼** button to select **Change** and press the **OK** button. Use the **▲** or **▼** buttons and press the **OK** button to move to the next item.



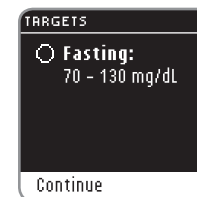
A screen confirms your date choice when done. Press the **OK** button to move to Targets.



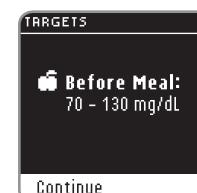
- Press the **OK** button to continue.



- After you have completed initial setup, you can change the Target ranges using the Setup menu. Press the **OK** button to continue.



- Press the **OK** button to continue to the Before Meal Target range.



- Press the **OK** button to continue to the After Meal Target range.



- Press the **OK** button to **complete your initial setup**. You can now test your blood sugar.

## Blood Sugar Testing – Fingertip

### WARNING

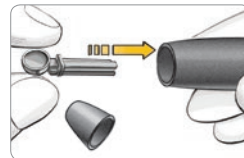
Always wash your hands well with soap and water and dry them well before and after testing, handling the meter, lancing device or test strips.

**CAUTION:** The lancing device provided with your kit is intended for self testing by a single patient. It must not be used on more than one person due to the risk of infection.

1. Remove the endcap from the lancing device.



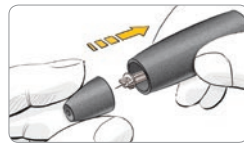
2. Loosen the round protective cap on a lancet by rotating it ¼ turn, but do not remove the cap.



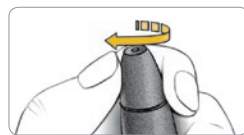
3. Insert the lancet firmly into the lancing device until it comes to a full stop.



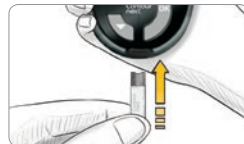
4. Twist off the round protective lancet cap.



5. Replace the endcap.

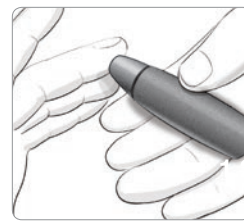


6. Adjust the endcap dial to your preferred puncture depth setting.

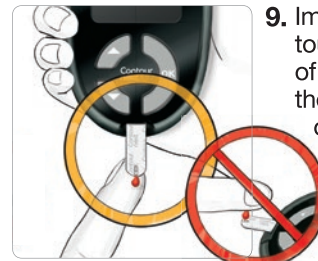


7. Insert the square gray end of the test strip into test strip port.

The meter will turn on and you will see the **Apply Blood** screen. The meter is now ready to test.



Stroke your hand and finger towards the puncture site to form a drop of blood.



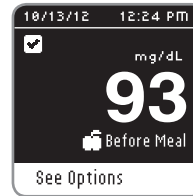
8. Press the lancing device firmly against the puncture site and press the release button.

9. Immediately touch the tip of the test strip to the drop of blood.

If the first blood drop is not enough, the meter will beep twice. You have about 30 seconds to apply more blood to the same strip. Follow instructions on the meter screen.



10. The AutoLog\* Screen appears. Select **No Mark**, **Fasting**, **Before Meal** or **After Meal**, and then press the **OK** button.



After you have made your selection, your test result will appear.

Your test is now complete and your test result is marked.

If your result is above or below your set Target ranges, you will always see your result without pushing a button.

11. To view Options for setting a reminder or adding a note, press the **OK** button before you remove the test strip. Please see the user guide for instructions on how to use the Options. To turn your meter off, remove the test strip.

**CAUTION:** For instructions on removing the lancet from your lancing device, see the lancing device insert provided with your kit.

### The Main Menu Screen

1. **Logbook** will be highlighted. To view your logbook, press the **OK** button.



2. To view all of your averages and summaries, press the **▼** button to select **Trends** and press the **OK** button.

3. To change or adjust meter settings, select **Setup** and press the **OK** button.

\* Your meter comes with AutoLog on. See your user guide for information about the AutoLog feature.

Your meter is preset and locked to display results in mg/dL. If your result is in mmol/L, contact Customer Service at 1-800-348-8100 (available Monday through Sunday, from 8:00 am through 12:00 Midnight, Eastern Time).

For more information, go to [www.diabetes.ascensia.com](http://www.diabetes.ascensia.com) or call **Customer Service at: 1-800-348-8100** (available Monday through Sunday, from 8:00 am through 12:00 Midnight, Eastern Time).

Please read your **CONTOUR®NEXT meter user guide and lancing device insert for full instructions.**

For In Vitro Diagnostic Use



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### Potential Biohazard

All blood glucose measuring systems are considered biohazardous. All products or objects which come in contact with human blood, even after cleaning, should be handled as if capable of transmitting infectious diseases. The meter and lancing device are for single patient use. Do not share them with anyone including other family members! All parts of the kit are considered biohazardous and can potentially transmit infectious diseases, even after you have performed cleaning and disinfection. Always wash your hands well with soap and water before and after handling the meter, lancing device, or test strip. See your user guide for complete instructions.

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