# Contour plus
Blood Glucose Monitoring System

**NO CODING** ✓

**QUICK REFERENCE GUIDE**

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## Your CONTOUR®PLUS Meter

**Display**

**Up/Down Scroll Buttons**

**Test Strip Port**

**Memory Button** (On/Off, Memory Recall, Enter)

## Use only the CONTOUR®PLUS Test Strip

**Grey Square End:**
Insert this end into the test strip port.

**Sample Tip:**
Blood sample pulled in here.

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See your CONTOUR®PLUS user guide and lancing device insert for complete instructions.

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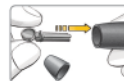
**CAUTION:** The lancing device provided with your kit is intended for self testing by a single patient. It must not be used on more than one person due to the risk of infection.

## Basic Testing - Fingertip

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 it.

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 grey square end of the test strip into test strip port on the meter.

   The meter will turn on and a test strip with a flashing blood drop will appear on your meter display. The meter is now ready to test.

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

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

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

   **Hold the strip in the blood drop until the meter beeps.**

   If the first blood drop is not enough, the meter may beep twice. You have about 30 seconds to apply more blood to the same strip.

   Your result is displayed after a 5 second countdown.

10. To turn your meter off, remove the test strip.

   Fingertip Testing

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Dispose of the test strip as medical waste or as advised by your health care professional.

**CAUTION:**
- The lancing device provided with your kit is not suitable for use by health care professionals. It must not be used on more than one person due to risk of infection.
- To remove the lancet from the lancing device refer to the detailed instructions in the lancing device insert.
- The lancing device graphics are for illustration purposes only.

**Need Help?** Singapore: +65 6202 4270, Hong Kong: (852) 8100 6386, Malaysia: (60) 3 2178 6162, Việt Nam: (84.8)1800588895, (84.8) 3929 3777
**www.diabetes.ascensia.com**

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## Using Advanced Mode

### Setting Your Meter to Advanced Mode

To set your meter to Advanced Mode, and take advantage of meal markers and other available features:

1. Press **M** to turn your meter on.
2. Press and hold ▲ or ▼ for 3 seconds.
3. L-1 will flash.
4. Press ▲ or ▼ to change to L-2.
5. Press **M** to set.

L-2

**Find out how these additional features can help you manage your diabetes.**

Contact Customer Service at:
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Malaysia: (60) 3 2178 6162
Việt Nam: (84.8)1800588895, (84.8) 3929 3717
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## After you perform a test and see your results, use the markers on the display:

| To Mark Results ❯ | You Will See ❯ | To Set ❯ | You Will See ❯ | What It Means ❯ | Using The Reminder |
|---|---|---|---|---|---|
| **Pre-Meal** Marks a test result that was taken before a meal. Press ▲ or ▼ | 🍎 (Flashing) | Press **M** | 5.2 mmol/L | Result is marked as a pre-meal test. Press **M** again to set a reminder to run a post-meal test. | When the reminder sounds, the meter turns on, and you will see your pre-meal test result. |
| **Post-Meal** Marks a test result that was taken after a meal. Press ▲ or ▼ | 🍎 (Flashing) | Press **M** | 6.9 mmol/L | Result is marked as a post-meal test. | 13.10  12:24  5.2 mmol/L |
| **Diary** Marks any result as being unique or different in some way. Press ▲ or ▼ | 📖 (Flashing) | Press **M** | 6.9 mmol/L | Result is marked in memory as unique. You should note this in your logbook. | Press any button once to silence reminder and twice to turn the meter off. Run another blood test and mark it with a post-meal marker (see chart at left). |

⏰ Sets a reminder (pre-set at 2 hours) to run a post-meal test. See user guide for complete instructions on how to use the markers and adjust the reminder times.

## Error Codes and Symbols

See your user guide for a complete list.

| E1 | Temperature out of range. |
|---|---|
| E2 | There was a problem completely filling the test strip. Retest using a new test strip. |
| E3 | The meter is sensing a used test strip or the wrong control solution was used. Retest using a new test strip. |
| E11 | Abnormal result. Retest using a new test strip. |