

## Your CONTOUR®PLUS Meter



## 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.

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.

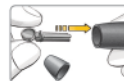
**CAUTION:** The lancing device provided with your kit is intended for self testing by a single patient. It must not be used on more than one person due to the risk of infection.

## 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.



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](http://www.diabetes.ascensia.com)

**WARNING: Potential Biohazard**

All blood glucose measuring systems are considered biohazardous.

Health care professionals or persons using this system on multiple patients should follow the infection control procedure approved by their facility.

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 user should follow the recommendations for prevention of blood-borne transmissible diseases in health care settings as recommended for potentially infectious human specimens.

For information on patents, and related licenses, see:  
[www.patents.ascensia.com](http://www.patents.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.



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

Contact Customer Service at:  
Singapore: +65 6202 4270  
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Malaysia: (60) 3 2178 6162

Viet Nam: (84.8)1800588895, (84.8) 3929 3777  
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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
<b>Pre-Meal</b> Marks a test result that was taken before a meal. Press <b>▲</b> or <b>▼</b>		Press <b>M</b>		Result is marked as a pre-meal test. Press <b>M</b> 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.  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).
<b>Post-Meal</b> Marks a test result that was taken after a meal. Press <b>▲</b> or <b>▼</b>		Press <b>M</b>		Result is marked as a post-meal test.	
<b>Diary</b> Marks any result as being unique or different in some way. Press <b>▲</b> or <b>▼</b>		Press <b>M</b>		Result is marked in memory as unique. You should note this in your logbook.	

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.

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

Ascensia Diabetes Care  
Hong Kong Limited  
Unit Nos. 12-13, Level 31, Tower 1,  
Millennium City 1  
No. 388 Kwun Tong Road,  
Kwun Tong, Kowloon,  
Hong Kong  
Tel: (852) 8100 6886  
Fax: (852) 2320 7022

Ascensia Diabetes Care  
Singapore Pte Ltd  
600 North Bridge Road  
#06-01 Parkview Square  
Singapore 168778  
Tel: +65 6202 4270  
Email: [diabetecare@ascensia.com](mailto:diabetecare@ascensia.com)

Ascensia Diabetes Care Malaysia Sdn Bhd  
Lot 2-2, Level 2, Tower B  
The Troika  
19 Persiaran KLCC  
50450 Kuala Lumpur  
Malaysia  
Tel: (60) 3 2178 6162

Nhà nhập khẩu và phân phối:  
Công Ty TNHH Dược Phẩm &  
Trang Thiết Bị Y Tế Hoàng Đức  
12 Nguyễn Hữu, Phường 4, Quận 3  
TP Hồ Chí Minh, Việt Nam  
Tel: (84.8)1800588895,  
(84.8) 3929 3777

[www.diabetes.ascensia.com](http://www.diabetes.ascensia.com)

Ascensia Diabetes Care Holdings AG  
Peter Merian-Strasse 90  
4052 Basel, Switzerland

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