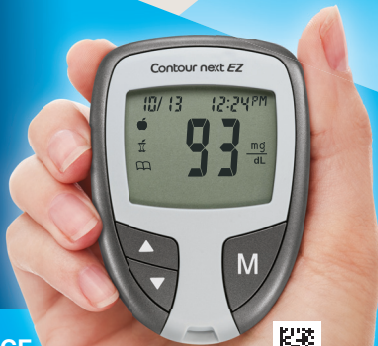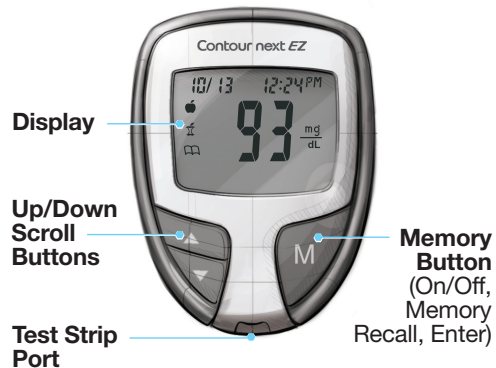# Contour next EZ

Blood Glucose Monitoring System

Online meter registration available at **www.diabetes.ascensia.com or** call our Customer Service.
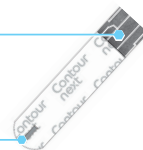
NO CODING®

QUICK REFERENCE GUIDE

Your CONTOUR® NEXT EZ Meter

Display

Up/Down Scroll Buttons

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

Test Strip Port

Use only the CONTOUR® NEXT Blood Glucose Test Strips

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

Sample Tip: Blood sample pulled in here.

Basic Testing

Getting Ready to Test

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

**2.** Insert the gray square end of the test strip into test strip port on the meter.

3. The meter will turn on and a test strip with a flashing blood drop will appear on your meter display letting you know the meter is ready to test.

4. Remove the endcap from the lancing device.

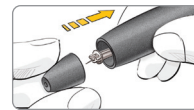**5.** Loosen the round protective cap on a lancet by rotating it ¼ turn, but do not remove the cap.

6. Insert the lancet firmly until it comes to a complete stop.
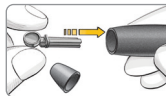
7. Twist off the round protective lancet cap.

8. Replace the endcap.

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

> CAUTION: The CONTOUR®NEXT EZ meter and lancing device are intended for use by a single patient.

Getting the Blood Drop

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

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


Testing Your Blood

1. Use only CONTOUR®NEXT Blood Glucose Test Strips with the CONTOUR®NEXT EZ meter.

2. Touch the tip of the test strip to the drop of blood. The blood is pulled into the test strip.
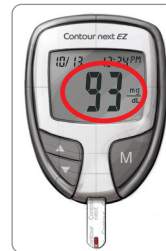
3. Hold the strip in the blood drop until the meter beeps.

4. Your result is displayed after a 5 second countdown.

5. To turn your meter off, remove the test strip. Dispose of the test strip as medical waste.

Fingertip Testing

> See your CONTOUR NEXT EZ user guide and lancing device insert for complete instructions.
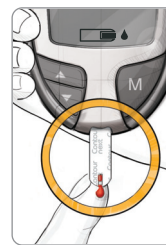
Ejecting and Disposing of the Used Lancet

1. Do not use your fingers to remove the lancet from the lancing device. The lancing device provided with your kit has an automatic lancet ejection feature.

2. Refer to the separate lancing device insert, if provided with your kit, for instructions on automatic ejection of the lancet.

> **WARNING: Potential Biohazard**
>
> • Always dispose of test strip and lancet as medical waste or as advised by your health care professional. All products that come in contact with human blood should be handled as if capable of transmitting Infectious diseases.
>
> • Do not reuse lancets. Use a new lancet each time you test.
>
> • Please refer to your lancing device package insert for instructions on how to properly remove and dispose of the lancet.

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

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**	93 mg/dL	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**	124 mg/dL	Result is marked as a post-meal test.	10/13 12:24PM 93 mg/dL
Logbook Marks any result as being unique or different in some way. Press ▲ or ▼	📖 (Flashing)	Press **M**	124 mg/dL	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 of Error Codes.

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.

ASCENSIA Diabetes Care