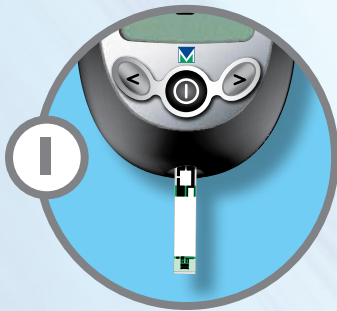# GlucoMen® Gm

HOW TO PERFORM A BLOOD GLUCOSE TEST
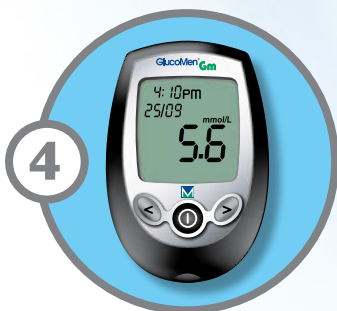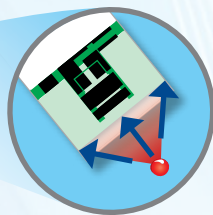
1 Insert an unused **GlucoMen® GM** test strip into the meter, black end first.

2 Obtain a blood sample – see overleaf.

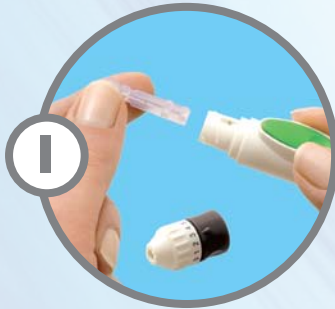**3** Touch and hold the blood drop to the top edge of the test strip until the blood has been drawn into the test strip well.

4 Your result is displayed in 7 seconds.

GlucoMen®
The Diabetes Diagnostics Company

Glucoject® Dual S

HOW TO OBTAIN A BLOOD SAMPLE

Wash your hands with warm soapy water, rinse and dry thoroughly.

(1)

Insert a lancet
- Remove end cap
- Insert new lancet (Glucoject® No-dol) and remove protective cap
- Replace end cap

(2)

Adjust the depth setting
- Choose lowest possible setting
- 0 = minimum depth
- 6 = maximum depth
- Start at 0

(3)

Adjust the force setting
- Choose the lightest force setting first

☐ Light

☐ Medium

☐ Strong

(4)

Prick your finger
- Prime the finger pricker by pulling back the end sleeve from the main body
- Hold the finger pricker firmly against the side of your finger tip
- Press the green release button

You can stimulate blood flow by hanging your hand downward, then massaging your palm and finger gently towards the tip.

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