

ONETOUCH[®] FastTake[®]

COMPACT BLOOD GLUCOSE MONITORING SYSTEM

Owner's Booklet



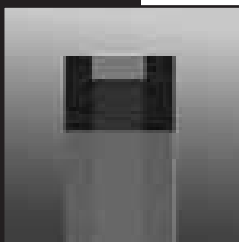
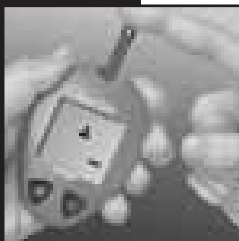
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FastTake[®]

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TEST SUMMARY

This summary is intended only for quick reference and not as a substitute for the OneTouch® FastTake® Owner's Booklet. Please read the entire booklet before you begin testing.



(Example)

- 1. Insert test strip.** Meter turns on automatically.
- 2. Apply sample.** Touch a small drop of blood (1.5 microlitres) to the TOP WHITE EDGE of the test strip.
- 3. Hold the blood drop to the TOP WHITE EDGE** of the test strip until blood has completely filled the confirmation window.
- 4. Accurate results in just 15 seconds.**

Dear OneTouch® FastTake® System Owner:

You have chosen one of the best blood glucose monitoring systems available today. Inside this booklet is everything you must know about using the OneTouch® FastTake® System. Read it carefully and thoroughly before you begin testing.

Your OneTouch® FastTake® System provides you with accurate, plasma-calibrated test results. This feature makes it easier for you and your doctor to compare your meter results with laboratory results. If you've been using a blood glucose meter that doesn't give plasma-calibrated test results, you may notice that your results with the OneTouch® FastTake® System will be about 12% higher.

Blood glucose monitoring plays an important role in diabetes control. A long-term study showed that keeping blood glucose levels close to normal can reduce the risk of diabetes complications by up to 60%.* The results you get with the OneTouch® FastTake® System can help you and your healthcare professional monitor and adjust your treatment plan to gain better control of your diabetes.

A warranty registration card is included with your OneTouch® FastTake® System. Please complete it and mail it to us. If you prefer to fill out a warranty card online, please visit www.LifeScan.com

*American Diabetes Association position statement on the Diabetes Control and Complications Trial (1993).

The OneTouch® FastTake® System is intended for use outside the body (in vitro diagnostic use). It should be used only for testing glucose (sugar) and only with fresh capillary whole blood samples. It should not be used for the diagnosis of diabetes or for the testing of newborns.

CAUTION: Before using any product to test your blood sugar (blood glucose), read all instructions and practice the test. Do all quality control checks as directed and consult with a diabetes healthcare professional. These recommendations apply to all blood glucose monitoring systems and are supported by the American Association of Diabetes Educators, the American Diabetes Association, and the U.S. Food and Drug Administration.

Important Information

- Severe dehydration and excessive water loss may cause false low results. If you believe you are suffering from severe dehydration, consult a healthcare professional immediately.
- Test results below 60 mg/dL (3.3 mmol/L) mean low blood glucose (hypoglycemia). Test results greater than 240 mg/dL (13.3 mmol/L) mean high blood glucose (hyperglycemia). If you get results below 60 mg/dL or above 240 mg/dL, and do not have symptoms, first repeat the test. If you have symptoms or continue to get results that fall below 60 mg/dL or above 240 mg/dL, follow the treatment advice of your healthcare professional.
- If you are experiencing symptoms that are not consistent with your blood glucose test results AND you have followed all instructions described in the OneTouch® FastTake® Owner's Booklet, call your healthcare professional.
- A red blood cell count (hematocrit) that is very high (above 55%) or very low (below 30%) can cause false results.

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GETTING STARTED

The OneTouch® FastTake® Blood Glucose Monitoring System

The OneTouch® FastTake® Blood Glucose Monitoring System consists of three main products: the OneTouch® FastTake® Blood Glucose Meter, OneTouch® FastTake® Test Strips (sold separately), and OneTouch® Ultra® Control Solution. These products have been designed, tested, and proven to work together as a system to produce accurate blood glucose test results. Use only OneTouch® FastTake® Test Strips and OneTouch® Ultra® Control Solution with the OneTouch® FastTake® Blood Glucose Meter.

Your OneTouch® FastTake® System includes:

- OneTouch® FastTake® Meter
- OneTouch® FastTake® Test Strips
(test strips sold separately)
- OneTouch® Ultra® Control Solution
- OneTouch® UltraSoft™ Adjustable Blood Sampler
- OneTouch® UltraClear™ Cap
- OneTouch® UltraSoft™ Lancets
- Owner's Booklet
- Sporty Carrying Case
- Quick Reference Guide
- Warranty Registration Card
- Logbook
- Two pre-installed 1.5 V (#357 or equivalent)
silver oxide batteries

OneTouch® FastTake® Blood Glucose Meter

DISPLAY

Your test results are displayed here. The large, easy-to-read display guides you through the test using symbols and simple messages.

M BUTTON

The M (Mode) button is used to set up the meter, enter the memory mode, and turn the meter on and off.



TEST/DATA PORT

The test/data port is where you insert the OneTouch® FastTake® Test Strip for testing. The meter will turn on automatically when you insert a test strip. The test/data port also accepts the OneTouch® FastTake® Adapter, which can be used to help download your test results to a computer for further analysis using OneTouch™ Diabetes Management Software.

C BUTTON

The C (Change) button is used to change the date and time, code number, and unit of measurement, as well as to indicate control solution tests and to review test results while in the memory mode.

OneTouch® FastTake® Meter Display Segments

CTL

Indicates a control solution test result.

CODE

Appears with the code number of the test strips currently in use.

BLOOD DROP SYMBOL

This symbol tells you when to apply the sample.

BATTERY SYMBOL

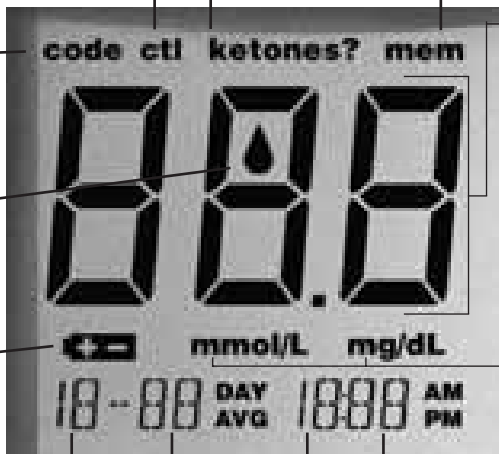
Appears when batteries are low or must be replaced.

KETONES?

Appears when a blood glucose test result falls between 240 and 600 mg/dL

MEM

Indicates a test result stored in memory.



TEST RESULT AREA

Test results are displayed here. (A decimal point appears when the unit of measurement is millimoles per litre.)

UNITS OF MEASUREMENT

Depending upon how the meter is set, either mmol/L or mg/dL will appear with the test result.

MONTH DAY HOUR MINUTES

OneTouch® FastTake® Test Strips (sold separately)

The OneTouch® FastTake® Blood Glucose Monitoring System measures the amount of sugar (glucose) in whole blood. Blood is applied to the TOP WHITE EDGE of the OneTouch® FastTake® Test Strip. The test strip automatically draws the blood into the reaction cell where the reaction takes place.

The OneTouch® FastTake® Test Strip consists of the following parts:

Top White Edge

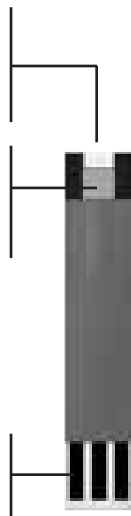
This is where you apply a drop of blood.

Confirmation Window

This is where you confirm if enough blood has been applied to the top white edge.

Contact Bars

This end of the test strip is inserted into the meter.



See pages 17–29, *Testing Your Blood*, for complete instructions.

Important Test Strip Information

- Store the test strip package in a cool, dry place below 86°F (30°C). Keep away from direct sunlight and heat. Do not refrigerate.
- Store your test strips in **their original vial only**; do not transfer them to a new bottle or any other container.
- After removing a OneTouch® FastTake® Test Strip from the vial, immediately replace the vial cap and close it tightly.
- **With clean, dry hands, you may touch the test strip anywhere** on its surface when removing it from the vial or inserting it into the meter.
- Use each test strip immediately after removing it from the vial.
- Write the discard date on the vial label when you first open it. Discard remaining OneTouch® Ultra® Test Strips and the vial three months after first opening date.
- Apply only OneTouch® Ultra® Control Solution or a blood sample to the top white edge. Applying other substances to the top white edge will cause inaccurate results.
- Do not use test strips beyond the expiration date printed on the package since they may cause inaccurate results.
- Do not bend, cut, or alter a OneTouch® FastTake® Test Strip in any way.

WARNING: Keep the test strip vial away from children; the cap is a choking hazard. Also, the cap contains a pouch filled with drying agents that may be harmful if inhaled or swallowed and may cause skin or eye irritation.

BEFORE TESTING

Checking the Display

Each time you insert a test strip into the OneTouch® FastTake® Meter or turn the meter on, all segments of the display will appear briefly. This tells you that the system is performing several self-checks and allows you to confirm that all display segments are working properly. (See pages 4 and 5 for all display segments.)



Coding the Meter

Code numbers are used to calibrate the OneTouch® FastTake® Test Strips with the OneTouch® FastTake® Meter for accurate results. You must code the meter before using it for the first time and then every time you change to another vial of OneTouch® FastTake® Test Strips. Each time you test, check that the code number on the meter display matches the code number on the test strip vial.

CAUTION: If the code number displayed on the meter does not match the number printed on the vial, test results may be inaccurate.

STEP 1 Enter the Code Mode.

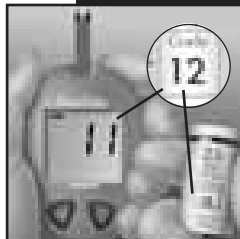
Start with the meter turned off. Insert a OneTouch® FastTake® Test Strip to turn on the meter. All segments of the display will appear followed by the date and time. Next, the code number will appear on the display for three seconds.



(Example)


STEP 2 Match the Code Numbers.

Compare the code number on the meter display with the code number on the test strip vial. If the two code numbers match, you may begin testing. If they do not match, follow Step 3. When you first use the meter, three dashes (---) will appear, showing that there is no code stored in the memory.



(Example)

STEP 3 Code the Meter.

Press the C button to select the correct code. Each time you press and release the C button, the number will increase by one. To move faster, simply press and hold the C button. After you have selected the correct code number, it will flash for three seconds and then appear solid for three seconds. Then the  symbol will appear, indicating that the OneTouch® FastTake® System is ready for testing.



(Example)



(Example)

Checking the System with OneTouch® Ultra® Control Solution

OneTouch® Ultra® Control Solution is used to check that the **meter and test strips are working together as a system** and that you are performing the test correctly. It is very important that you do this simple check routinely to make sure you get accurate results.

OneTouch® Ultra® Control Solution contains a known amount of glucose that reacts with OneTouch® FastTake® Test Strips. Compare your control solution test results with the expected **range printed on the test strip vial label.**

Control solution should be used to:

- Practice the test procedure.
- Make sure your meter and test strips are working together properly.
- Ensure you are performing the test correctly.



Before you use the OneTouch® FastTake® Meter to test your blood for the first time, practice the procedure using control solution. When you can do three tests in a row that are within the expected range, you are ready to test your blood.

Do a control solution test:

- When you begin using a new vial of test strips.
- At least once a week.
- Whenever you suspect that the meter or test strips are not working properly.
- When your blood glucose test results are not consistent with how you feel, or when you think your results are not accurate.
- If you drop the meter.

The control solution test is similar to a blood test except that you use OneTouch® Ultra® Control Solution instead of a drop of blood.

Important Control Solution Test Information

- Use only OneTouch® Ultra® Control Solution.
- Check the expiration date on the control solution vial.
Do not use if expired.
- Control solution, meter, and test strips should come to room temperature (68-77°F)/20-25° before testing.
- Shake the vial, discard the first drop of OneTouch® Ultra® Control Solution, and wipe off the dispenser tip to ensure a good sample and an accurate result.
- Use only for three months after first opening. Record the discard date (date opened plus three months) on the control solution vial. **Discard after three months.**
- Store the control solution tightly closed at room temperature below 86°F (30°C). Do not refrigerate.


CAUTION: The control solution range printed on the test strip vial is for OneTouch® Ultra® Control Solution only. It is used to test meter and test strip performance. **It is not a recommended range for your blood glucose level.**

How to do a control solution test:


NOTE: You cannot perform a control solution test until you have set up the meter completely (see pages 8–10).



STEP 1 Insert Test Strip.

Insert a test strip, contact bars end first and facing up, into the test port. (Contact bars must be inserted all the way into the meter or you may get an inaccurate test result.) The meter will turn on automatically. All segments will appear briefly on the display followed by the date and time. Then “**code 12**” (example) is displayed, followed by the  symbol. Be sure the code number on the display matches the code number on the test strip vial. If the code numbers do not match, code the meter correctly.



After the  symbol appears on the display, press and hold the C button until “**ctl**” begins flashing on the display. When you see the “**ctl**” sign, release the C button. With the “**ctl**” sign on the display, the meter will mark your next test in memory as a control solution test.

If you decide not to perform a control solution test, the “**ctl**” sign will disappear when you press the C button again.

NOTE: Every time you perform a control solution test, you must mark the test with the “**ctl**” sign so that the test will be distinguished from a blood glucose test in the meter memory and not included in the 14-day average.

STEP 2 Apply Control Solution.

Shake the control solution vial well. Remove the cap. Squeeze the vial, discard the first drop, and wipe off the dispenser tip to ensure an accurate result. Squeeze the vial again to get a hanging drop. Apply the hanging drop to the TOP WHITE EDGE of the test strip until the drop is drawn onto the test strip.

STEP 3 Result Appears in 15 Seconds.

The meter will count down from “15” to “1” second and the control solution test result will appear. Compare the result with the range printed on the test strip vial. The result should fall within this range.



(Example)

Comparing control solution results

If test results fall outside the range printed on the test strip vial, repeat the test. Out-of-range results may be caused by one or more of the following:

- Error in performing the test.
- Failure to shake the control solution vial vigorously.
- Expired or contaminated control solution.
- Control solution that is too warm or too cold.
- Failure to discard the first drop of control solution and wipe the dispenser tip clean.
- Improper coding of the meter.
- Test strip deterioration.
- Meter malfunction.

CAUTION: If you continue to get control solution test results that fall outside of the range printed on the vial, the system may not be working properly. **Do not** use the system to test your blood if you continue to get test results that fall outside of the range. If you are unable to resolve the problem, call LifeScan Customer Services at **1 800 227-8862**.

TESTING YOUR BLOOD

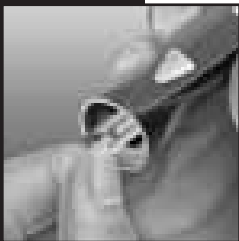
Be sure to read this section and the test strip package insert found in the test strip box carefully before testing. Make sure you have all items needed to test.

- OneTouch® FastTake® Meter
- OneTouch® FastTake® Test Strips
- OneTouch® UltraSoft™ Adjustable Blood Sampler
- OneTouch® UltraSoft™ Sterile Lancet

Getting a Drop of Blood

CAUTION: To reduce the chance of infection:

- Never share a lancet with another person.
- Always use a new, sterile LifeScan lancet. Lancets are for single use only.
- The OneTouch® UltraSoft™ Blood Sampler should be used by only one person.
- Avoid getting hand lotion, oils, dirt, or debris in or on the lancets and the blood sampler.



STEP 1 Insert a Lancet in the OneTouch® UltraSoft™ Adjustable Blood Sampler.

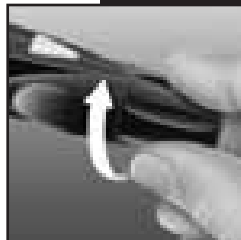
Remove the OneTouch® UltraSoft™ Adjustable Blood Sampler Cap by twisting it counterclockwise.

Insert the lancet into the lancet holder. Push down firmly until the lancet is fully seated in the holder. Do not twist the lancet. To avoid contamination and to prevent the cap from rolling away, set the cap down on a flat surface with its small hole pointing up.



While the lancet is in the OneTouch® UltraSoft™ Adjustable Blood Sampler, twist off the protective disk. Make two full turns to ensure that the lancet separates from the protective disk.

Replace the OneTouch® UltraSoft™ Cap. Turn the cap clockwise until it is snug but not too tight.



Adjust the puncture depth setting if necessary. Twist the knob counterclockwise, toward the smaller bumps for a shallower puncture. Twist the knob clockwise, toward the larger bumps for a deeper puncture.



STEP 2 Cock the OneTouch® UltraSoft™ Blood Sampler

Slide the ejection/cocking control backward until it clicks. If it does not click, the sampler may have been cocked when the lancet was inserted.





STEP 3 Wash Your Hands and the Puncture Site

Use warm, soapy water. Rinse and dry thoroughly.

Fingertip Blood Sampling

The OneTouch® FastTake® System requires a very small blood drop to perform a test. You may obtain it from a **fingertip** or **arm**. There are important differences in the procedures for fingertip testing and arm testing. See next page for information on obtaining a blood sample from the arm. Choose a different puncture site each time you test. Repeated punctures in the same spot may cause soreness and calluses.

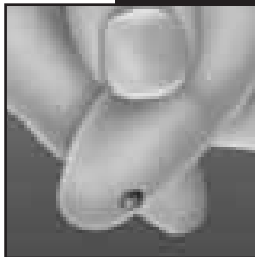
STEP 1 Position the Sampler.

Hold the OneTouch® UltraSoft™ Sampler **firmly** against the **side** of your finger. Press the release button.



STEP 2 Massage the Fingertip.

Massaging the fingertip gently will help you obtain a round drop of blood. Do not squeeze excessively on the puncture site. The blood sample must be at least 1.5 microlitre (1.5 μL) in volume (* actual size) or you may get an error message or an inaccurate test result. Do not smear the blood sample. Proceed with your blood glucose test.



Arm Blood Sampling (“Alternate Site”)

The arm has fewer nerve endings than the fingertip so you may find that obtaining a blood sample from the arm may be much less painful than using the fingertip. The technique for arm sampling is different from fingertip sampling. Also there are differences between arm samples and fingertip samples that you should understand.

Important Information About Arm Testing

- Under certain conditions, blood glucose test results obtained using samples taken from your arm may differ significantly from fingertip samples.
- The conditions in which these differences are more likely to occur are when your blood glucose is changing rapidly such as following a meal, an insulin dose, or associated with physical exercise.
- When blood glucose is changing rapidly, fingertip samples show these changes more quickly than arm samples.
- When your blood glucose is falling, testing with a fingertip sample may identify a hypoglycemic (low blood sugar) level sooner than a test with an arm sample.
- Use arm samples only for testing prior to, or more than two hours after, meals, insulin doses, or physical exercise.
- Testing performed within two hours after meals, insulin doses, or physical exercise, or whenever you feel that your glucose levels may be changing rapidly, should be done from the fingertip.

Important Information About Arm Testing (continued)

- You should also use fingertip testing whenever you have a concern about hypoglycemia (insulin reactions) such as when driving a car, particularly if you suffer from hypoglycemic unawareness (lack of symptoms to indicate an insulin reaction), as arm testing may fail to detect hypoglycemia.

What you should do:

- Use arm or fingertip samples for testing prior to, or more than two hours after, meals, insulin doses, or physical exercise.
- Routine testing before meals can be done either at the fingertip or the arm.
- Consult your healthcare professional before you begin using the arm for testing.

STEP 1 Install the OneTouch® UltraClear™ Cap.

To aid in obtaining a blood sample from the arm, replace the regular sampler cap with the OneTouch® UltraClear™ cap. If necessary, set the sampler for a deeper puncture.





STEP 2 Choose the Puncture Site.

Select a soft, fleshy area on your forearm that is away from bone and free of visible veins and hair. Wash and dry the area.



STEP 3 Massage the Area.

To increase blood flow to the puncture site, massage the area gently. For individuals who experience difficulty in getting sufficient blood for a test, rubbing the area more vigorously or applying heat briefly may be helpful.

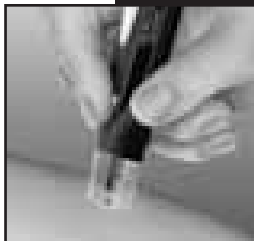


STEP 4 Position the Sampler.

Press and **hold** the sampler against the forearm for a few seconds. Press the release button.

STEP 5 Allow Blood Drop to Form.

Continue holding the blood sampler against the skin for a few seconds until the blood drop forms. Allow enough blood to form under the cap until you have a blood sample that is sufficient to fill the confirmation window of the test strip (● actual size). If you must massage the area to obtain more blood, do not squeeze the site excessively.



Note: Blood is applied to the test strip in the same manner as described on page 26–27. However, you may find it more convenient to hold the forearm still and bring the meter and test strip to the blood sample.


If bruising occurs, you may choose to lance a fingertip instead. If you are having difficulty obtaining blood from the arm, call LifeScan Customer Services at **1 800 227-8862**.

Step-by-Step Test Procedure

NOTE: You cannot perform a blood glucose test until you have set up the meter completely.



STEP 1 Insert Test Strip.


Insert a test strip, contact bars end first and facing up, into the test port. (Contact bars must be inserted all the way into the meter or you may get an inaccurate test result.) The meter will turn on automatically. All segments will appear briefly on the display followed by the date and time. Then "code 12" (example) and the  symbol will appear. If the code number on the display does not match the code number on the test strip vial, code the meter.



STEP 2 Apply Sample.

Obtain a small drop of blood using the OneTouch® UltraSoft™ Adjustable Blood Sampler. (See pages 22-25.) **The blood sample must be at least 1.5 microlitres (• actual size) in volume** or you may get an inaccurately low test result.



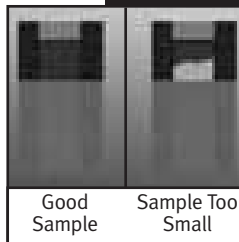
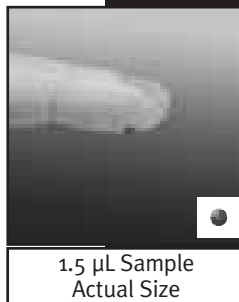
When the  symbol appears on the display, **touch the drop of blood to the TOP WHITE EDGE of the test strip.** Do not push your finger against the test strip. Hold the blood drop to the TOP WHITE EDGE of the test strip until blood has completely filled the confirmation window (see illustrations). (If you do not apply a blood sample within two minutes, the meter will turn itself off. You must remove the test strip and insert it back into the meter to restart the test procedure.)

STEP 3 Accurate Results in Just 15 Seconds

Your blood glucose test result will appear after the meter counts down from “15” to “1”. Blood glucose test results are automatically stored in the meter memory. Turn the meter off by removing the test strip.

The OneTouch® FastTake® Meter provides accurate, plasma-calibrated test results that will be about 12% higher than results taken from non-plasma-calibrated meters. This makes it easier to compare your results directly with laboratory results.

Record all test results in the logbook. This helps you keep track of test results.



Used Lancet Disposal

CAUTION: It is important to discard the used lancet carefully to avoid injury or illness.



STEP 1 Remove the Blood Sampler Cap.

Twist the cap counterclockwise. (Optional: Replace the protective disk on the used lancet by placing it on a hard surface and pushing the lancet tip into the disk.)



STEP 2 Eject the Lancet.

Point the blood sampler down and away. Push forward on the ejection/cocking control and eject the lancet directly into a container for sharp objects. Used test strips can go into the same container. Return the ejection/cocking control to the middle position. Replace the cap.

Special Messages

The OneTouch® FastTake® Meter displays results between 20 to 600 mg/dL (1.1 to 33.3 mmol/L). If your test result is lower than 20 mg/dL (1.1 mmol/L), “L0” will appear on the meter display. **This indicates severe hypoglycemia (low blood glucose). You should immediately treat hypoglycemia as recommended by your healthcare professional.**

If your blood glucose test result is above 600 mg/dL (33.3 mmol/L), “HI” will appear on the meter display. **This indicates severe hyperglycemia (high blood glucose). You should seek immediate medical assistance.**

When your blood glucose test result is between 240 to 600 mg/dL (13.3 and 33.3mmol/L), “ketones?” will appear on the meter display. **This message does not mean that the system detected ketones but that testing with a ketone test strip may be advisable.**



(Example)

USING THE METER MEMORY

Your OneTouch® FastTake® Meter stores the 150 most recent blood glucose and control solution test results with date and time in its memory. It also provides you with a 14-day average of your blood glucose test results. You can review the test results in memory with these easy steps:



STEP 1 Enter the Memory Mode.

With the meter turned off, press the M button. The 14-day average will appear, indicating that you are in the memory mode. You can now review the 14-day average and the last 150 tests in the memory. The 14-day average appears first; it is calculated from the blood glucose results obtained during the last 14 days. It also indicates how many blood glucose tests have been performed within this period, e.g., 64n (64 tests in the last 14 days). When using the meter for the first time, “14 DAY AVG ---” will appear, showing that there are no test results in memory.



Note: A HI result will be included in your 14-day average as 600 mg/dL; a LO result will be included as 20 mg/dL. Results marked as control solution will not be included in your 14-day average.

Note: You can enter the memory mode from the test mode. After completing a blood glucose or control solution test and while the test result is still on the display, press the M button. This will put the meter into the memory mode.

STEP 2 Recall Test Results.

After three seconds, the 14-day average will be replaced by the most recent test result with date and time. Press the C button once and the next most recent test result will appear. Each time you press and release the C button, the meter will recall up to your last 150 test results in order. When the memory is full, the oldest result is dropped as the newest is added. To move through the tests in memory more quickly, press and hold the C button. Control solution test results will appear on the display with **“ctl mem”**.



*Note: When using the meter for the first time, **“mem - - -”** will appear, showing that there are no test results in memory.*



STEP 3 Exit the Memory Mode.

Press the M button to turn off the meter.

VIEWING TEST RESULTS ON A PERSONAL COMPUTER

Data Downloading

Using a OneTouch® FastTake® Adapter, you can easily transfer your test results to a LifeScan Interface Cable connected to a serial port on your personal computer. The test result data can then be viewed using OneTouch™ Diabetes Management software from LifeScan. Visit www.LifeScan.com to download the InTouch® Software. To obtain a OneTouch® FastTake® Adapter, call the OneTouch® Customer Care Line at 1 800 382-7226 or visit us online at www.LifeScan.com



COMPARING METER AND LABORATORY RESULTS

OneTouch® FastTake® Meter test results and laboratory test results are both expressed in plasma-equivalent units. However, the result you obtain from your meter may be different from your laboratory result due to normal variation. Still, the two results should be within 20% of each other.¹ To make an accurate comparison between meter and laboratory results, follow the guidelines below.

Before you go to the lab:

- Perform a control solution test to make sure the meter is working properly.
- It is best to fast for at least eight hours before doing comparison tests.
- Take your meter with you to the lab.

While at the lab:

- Make sure that the samples for both tests (the meter test and the lab test) are taken and tested within 15 minutes of each other.
- Wash your hands before obtaining a blood sample.
- Never use your meter with blood that has been collected in a gray-top test tube.
- Use fresh capillary blood only.

You may still have a variation from the result because blood glucose levels can change significantly over short periods, especially if you have recently eaten, exercised, taken medication, or experienced stress.² In addition, if you have eaten recently, the blood glucose level from a fingerstick can be up to 70 mg/dL higher than blood drawn from a vein (venous sample) used for a lab test.³ Therefore, it is best to fast for eight hours before doing comparison tests. Factors such as the amount of red blood cells in the blood (a high or low hematocrit) or the loss of body fluid (severe dehydration) may also cause a meter result to be different from a laboratory result.

References

1. Clarke, W.L., et al.: *Diabetes Care*, Vol. 10, No. 5 (1987), 622–628.
2. Surwit, R.S., and Feinglos, M.N.: *Diabetes Forecast* (1988), April, 49–51.
3. Sacks, D.B.: “Carbohydrates.” Burtis, C.A., and Ashwood, E.R. (ed.), *Tietz Textbook of Clinical Chemistry*. Philadelphia: W.B. Saunders Company (1994), 959.

SETTING UP THE METER

The OneTouch® FastTake® Meter comes with the date, time, and unit of measurement preset. However, if you need to change the time, or if you remove the batteries, you will need to enter the setting mode and reset. You will not be able to perform a blood glucose test until you have set up the meter completely.

CAUTION: Check your OneTouch® FastTake® System to be sure the outer carton seal is not missing or broken. If either of these conditions occurred, please call the LifeScan Customer Service line at **1-800-227-8862**.

Setting the Date, Time, and Unit of Measurement

To set the date, you must first enter the setting mode. Start with the meter off. Then press and hold the M button for three seconds. The meter is now in the setting mode.



STEP 1 Set the Year.

The **year** setting will appear first. Press and release the C button to advance one **year**. To move faster, hold the C button down. With the correct year on the display, press the M button and the month and day will appear on the display with the month segment flashing.

STEP 2 Set the Month.

Press and release the C button until the correct **month** appears. To move faster, hold the C button down. With the correct month on the display, press the M button and the day segment will start flashing.



STEP 3 Set the Day.

Press and release the C button until the correct **day** appears. To move faster, hold the C button down. With the correct day on the display, press the M button and the hour and minutes settings will appear with the hour segment flashing.



Before setting the time, you must first set the date.



STEP 4 Set the Hour.

Press and release the C button to advance one **hour**. To move faster, hold the C button down. With the correct hour (with am or pm) on the display, press the M button and the minutes setting will start flashing.



STEP 5 Set the Minutes.

Press and release the C button to advance one **minute**. To move faster, hold the C button down. With the correct minute on the display, press the M button and the current unit-of-measurement setting will appear.

Note: Your OneTouch® FastTake® Meter displays a 14-day average which you can access from the meter memory. This average is calculated from results obtained during the 14 days preceding the current date and time settings. When the date and time are changed, the 14-day average may change.

The OneTouch® FastTake® Meter can display test results in milligrams per deciliter (mg/dL) or in millimoles per liter (mmol/L). The mg/dL unit is standard in the United States. The mmol/L unit is commonly used in Canada and some European countries.

STEP 6 Select mmol/L or mg/dL.

Press the C button until the unit of measurement you are choosing appears on the display.



STEP 7 Exit the Setting Mode.

After choosing your unit of measurement, press the M button to turn off the meter. The meter will display all test results in this unit of measurement.



Note: You must move through the year, month, day, hour, minutes, and unit of measurement to turn off the meter and exit the setting mode. The unit of measurement must be set by pushing the C button in order to get a test result.

CARING FOR YOUR METER

Maintenance

Your OneTouch® FastTake® Meter does not require special maintenance. As no blood or control solution comes in contact with the meter, there is no special cleaning required. Take care to avoid getting dirt, dust, blood, control solution, or water inside the meter through the test port. Store the meter in its carrying case after each use.

A cloth dampened with water and mild detergent can be used to wipe down the outside of the meter. Your OneTouch® FastTake® Meter is a precision instrument. Please handle it with care.

Batteries

Your OneTouch® FastTake® Meter comes with two 1.5 V (#357 or equivalent) silver oxide batteries that are already installed. Each pair of batteries will provide you with enough power to perform about 1,000 tests. When replacing batteries, use only 1.5 V (#357 or equivalent) silver oxide batteries. Do not use alkaline batteries in your OneTouch® FastTake® Meter.

The meter will alert you when the power is getting low by displaying two different messages:

1. The **+** **-** symbol appears on the display with the unit of measurement when the meter is turned on and all the other display messages are functional. From the time the **+** **-** symbol first appears, there is enough power left for about 50 tests. The test results will be accurate, but it is time to change the batteries.
2. The **+** **-** symbol appears on the display by itself. This means that the batteries will not provide enough power for a test. You must change the batteries.



To replace the batteries, make sure that the meter is turned off. Turn the meter over and locate the battery compartment.



1. Press down with both thumbs on each side of the battery cover's imprinted arrow. Then slide the battery cover away in the direction of the arrow.



2. Remove the old batteries. If necessary, turn the meter over and tap it gently against the palm of your hand until the batteries fall out. Insert two 1.5 V (#357 or equivalent) silver oxide batteries, making sure the positive "+" side of each battery is facing up in the meter.



3. Place the three tabs of the battery cover into the three slots in the meter. Move the battery cover upward in the direction of the imprinted arrow until the cover drops into place and you hear a click. Slide the battery cover down into place until it clicks.

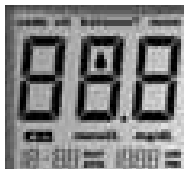
Note:

- *Replacing the batteries **does not** affect the meter's memory (previous test results stored in memory). However, the date, time, and unit-of-measurement settings may need to be updated.*
- *The first time you turn on the meter after replacing the batteries, it will go into the setting mode. At this time, you should update the date, time, and unit-of-measurement settings.*

DISPLAY MESSAGES AND PROBLEM-SOLVING GUIDE

Following is a summary of all display messages and symbols. In the event of a problem, refer to the information under ACTION.

MESSAGE

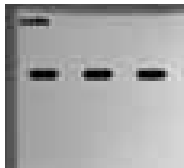


WHAT IT MEANS

System check. Appears upon insertion of a test strip or whenever the meter is turned on. Verifies that all segments are present on the display.

ACTION

If segments are missing, call LifeScan Customer Services for further action. Missing segments can lead to the wrong interpretation of the displayed test result.



This message appears immediately after the system check if your meter has not been coded.

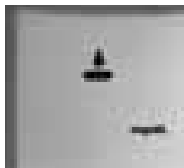
See “Coding the Meter,” pages 8–10.



(Example)

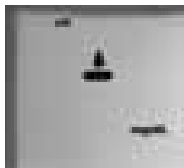
This is the code number stored in the meter.

Make sure that this code number matches the code number on the vial of test strips you are using.

MESSAGE**WHAT IT MEANS****ACTION**

The system is ready to accept a blood sample.

You may now apply the blood sample.



The system is ready to accept a control solution test sample.

You may now apply the control solution.



Fifteen-second countdown. The meter is calculating the result. At the end of the countdown, the meter will display the test result.

No action required.

MESSAGE**WHAT IT MEANS****ACTION**

(Example)

A blood glucose test result in mmol/L.

No action required.



(Example)

A blood glucose test result in mg/dL.

No action required.



(Example)

A blood glucose test result with a suggestion to check your ketone levels.

You may want to check your ketone levels. Act according to instructions of your healthcare professional.

MESSAGE



WHAT IT MEANS

Your blood glucose level is higher than 600 mg/dL (33.3 mmol/L).

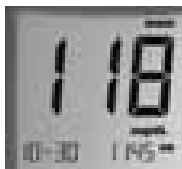
ACTION

This message indicates very high blood sugar. You should recheck your glucose level and if $H \uparrow$ call your doctor immediately.



Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).

This message indicates very low blood sugar. You should treat this condition according to the recommendations of your healthcare professional.



(Example)

A blood glucose test result stored in the memory.

No action required.

MESSAGE

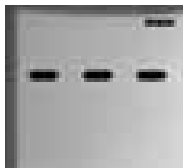
(Example)

WHAT IT MEANS

A control solution test result stored in the memory.

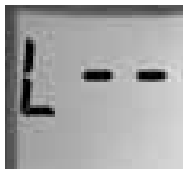
ACTION

No action required.



There is no test result stored in this place in the memory.

No action required.



Either the ambient temperature or the meter's temperature was too low to perform a test.

Repeat the test in a warmer place 59–95°F (15–35°C). Allow 20 minutes for the instrument to equilibrate to the new ambient temperature before retesting.

MESSAGE

WHAT IT MEANS

ACTION



Either the ambient temperature or the meter's temperature was too high to perform a test.

Repeat the test in a cooler place 59–95°F (15–35°C). Allow 20 minutes for the instrument to equilibrate to the new ambient temperature before retesting.



Error message that indicates that there is a problem with the meter.

Review the instructions and try again with a new test strip. If the problem persists, call LifeScan Customer Services at **1 800 227-8862** for help.



Error message could be caused by a used test strip or indicates that the C button was depressed during insertion of the test strip, or a temporary or permanent electronics problem occurred.


Repeat the test with a new test strip. If the error message appears again, LifeScan Customer Services at **1 800 227-8862**.


MESSAGE

WHAT IT MEANS

ACTION



Error message that indicates that the blood sample was applied before  appeared on the display.

Repeat the test with a new test strip. Apply blood sample only after  appears on the display.



Error message that indicates that there may be a problem with the test strip, e.g., the test strip may have been damaged, moved, or removed during testing, or inserted improperly.

Check that the code number on the meter display matches the code number on the test strip vial. Check test strip for damage. Code meter or retest as necessary. Repeat the test. If the error message appears again, contact LifeScan Customer Services at **1 800 227-8862**.

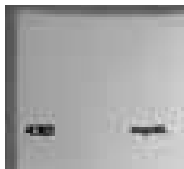


(Example)

Average of the last 14 days ($E4n$ means that 64 tests were performed within this period).

No action required.

MESSAGE

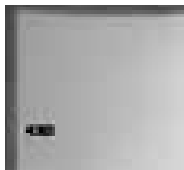


WHAT IT MEANS

The battery sign appears on the display with the unit of measurement. The power of the batteries is getting low. You can complete about 50 more tests from the time this symbol first appears.

ACTION

Test results will still be accurate, but replace the batteries as soon as possible.



The battery sign appears on the display by itself. The power of the batteries is too low to run a test.

Replace the batteries at once. The meter will not operate.




You have just replaced the batteries in your meter. The unit of measurement has not been reset.

The mg/dL unit is standard in the U.S.

If the meter does not display a message after inserting a test strip:

<u>PROBABLE CAUSE</u>	<u>WHAT TO DO</u>
Batteries exhausted.	Replace the batteries.
Batteries incorrectly installed or absent.	Check that the batteries are correctly installed with the positive “+” side up.
Test strip inserted upside down or incompletely.	Insert the test strip correctly with the contact bars end first and facing up.
Defective meter.	Call 1 800 227-8862.

If the test does not start after applying the sample:

<u>PROBABLE CAUSE</u>	<u>WHAT TO DO</u>
Insufficient blood sample.	Repeat the test with a new test strip and a larger sample.
Defective test strip.	Repeat the test with a new test strip.
Sample applied after automatic shutoff (two minutes after last user action).	Repeat the test with a new test strip; apply sample only when  appears on the display.
Defective meter.	Call 1 800 227-8862.

SPECIFICATIONS

Result Range:	20 to 600 mg/dL (1.1 to 33.3 mmol/L)
Calibration:	Plasma-equivalent
Sample:	Fresh capillary whole blood
Sample Size:	1.5 microlitres
Test Time:	15 seconds
Assay Method:	Glucose oxidase biosensor
Power Source:	Two replaceable 1.5 V (#357 or equivalent) silver oxide batteries
Battery Life:	1,000 tests, or about one year at three tests per day
Glucose Units:	Either mg/dL or mmol/L
Memory:	150 blood glucose and control solution tests
Automatic Shutoff:	Two minutes after last user action
Size:	3.12" x 2.25" x .75"
Weight:	1.6 ounces with batteries
Operating Ranges:	Temperature 59–95°F/15–35°C Relative Humidity 10–90% Hematocrit 30–55%

GUARANTEE

The makers guarantee that the OneTouch® FastTake® Meter shall be free of defects in material and workmanship for a period of three years. This guarantee is valid from the date of purchase. The guarantee extends only to the original purchaser and is not transferable.

Times of Day	Glucose Ranges for People Without Diabetes, mg/dL	Your Target Ranges, mg/dL
Before breakfast	70–105	_____
Before lunch or dinner	70–110	_____
1 hour after meals	Less than 160	_____
2 hours after meals	Less than 120	_____
Between 2 and 4 AM	Greater than 70	_____

Source: Krall, L.P., and Beaser, R.S.: *Joslin Diabetes Manual*. Philadelphia: Lea and Febiger (1989), 138.

Meter Serial No. _____

Important phone numbers:

LifeScan Customer Services (24 hours a day, 7 days a week)

English **1-800-227-8862**

Español **1-800-381-7226**

Healthcare Professional

Pharmacist

Diabetes Educator

Other



LifeScan Customer Services toll-free numbers:
(24 hours a day, 7 days a week)

U.S.A. English 1 800 227-8862
Español 1 800 381-7226

Visit the LifeScan website
www.LifeScan.com

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The system described herein is covered by one or more of the following U.S. patents: D428,150, 5,708,247, 6,045,567, 6,156,051, 6,197,040, 6,241,862, and 6,284,125. Use of the monitoring device described herein is protected under U.S. patent 6,413,410. Purchase of the monitoring device described herein does not act to grant a use license under this patent. Such a license is granted only when the device is used with OneTouch® FastTake® Test Strips. No test strip supplier other than LifeScan, Inc. is authorized to grant such a license. The accuracy of results generated with LifeScan meters using test strips manufactured by anyone other than LifeScan has not been evaluated by LifeScan.



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