



D40

BLOOD GLUCOSE PLUS BLOOD PRESSURE MONITORING SYSTEM



Quick Start User Guide

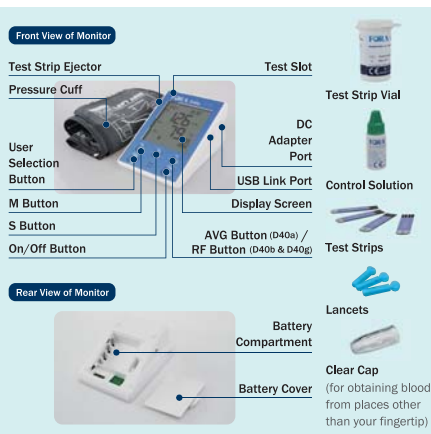
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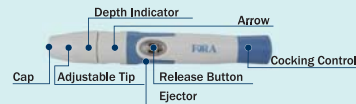
Dear FORA D40 System Owner:

Thank you for choosing FORA D40 Blood Glucose Plus Blood Pressure Monitoring System to take control of your diabetes. Being a home care device, this system is helpful in tracking your blood glucose and blood pressure values.

The Quick Start User Guide will assist you in setting up the system and testing your blood glucose levels. Please read it carefully before use. For complete information on the system's use and features, please refer to the Owner's Manual.



Lancing Device



1. Set The Monitor

1.1 Press **S** to start setting. Year flashes first.

1.2 Press **M** to change values. Hold down **M** to increase the number more quickly. Press **S** to move on to the next step.

1.3

- 1: 11:08
- 2: 10:03
- 3: AM / PM
- 4: DEL

Date flashes. Follow **1.2** to make changes. The sequence of settings is:
(1) the date (3) AM / PM
(2) time (4) memory deletion

The meter will automatically turn off when the setting is complete. For memory deletion, please refer to the Owner's Manual for details.

2. Set the Lancing Device

2.1 Pull off the cap of the lancing device.

2.2 Insert a lancet into the lancet holder and push down firmly until it is fully secured.

2.3 Twist the protective disk off the lancet.

2.4 Replace the cap by aligning the arrow on the cap with the release button.

2.5 Select the depth of penetration by turning the adjustable tip in either direction so that the arrow on the cap points to the desired depth. The longer the length of the indicator line, the greater the depth of penetration.

2.6 Pull the cocking control back until it clicks. You will see a color change inside the release button when it is ready.

If your lancing device differs from the one shown here, please refer to the manufacturer's manual to ensure proper usage.

3. Test Your Blood Glucose

3.1 Tear off the security label (Tamper Seal). When opening the vial for the first time, record the date on the label.

3.2 Wash and dry your hands thoroughly. Take a test strip out and then close the vial tightly.

3.3 Insert a test strip to turn on the monitor. The sequences of LCD display are: " " → flashing " " with date and time.

3.4 Take the pre-set lancing device. Hold the lancing device firmly against the puncture site. Press the release button to obtain a drop of blood.

3. Test Your Blood Glucose

3.5 Gently squeeze around the punctured area to obtain enough blood.

3.6 While " " is flashing on the display, hold and touch the absorbent hole of the test strip to the drop of blood until the confirmation window is completely filled.

3.7 After the monitor counts down to 0, your test result will appear along with the date and time and will be automatically stored in the memory.

3.8 Eject the used test strip. Dispose of the used strip and lancet carefully.

For testing with control solution, please refer to the Owner's Manual. For detailed information.

4. Test Your Blood Pressure

4.1 Sit down for at least 10 minutes before measuring.

4.2 Stretch your left arm forward with your palm facing up. Slide the cuff onto your left arm, above your elbow. The red line on the edge of the cuff should be approximately 0.8 to 1.2 inch (2 to 3 cm) above your elbow.

4.3 Arrange tubing over the main arteries inside of your arm. Press **0**.

4.4 Relax and make sure the cuff is at the same height as your heart.

4.5 Measurement is in progress: Start inflation → Stop inflation when cuff pressure is enough → Cuff pressure deflates steadily

4.6 The monitor will display the systolic pressure, diastolic pressure, and heart rate along with the date and time. Press **0** to switch off.

5. Read Your Result

Your result will display the following messages:

Appears	When glucose
LO	< 20 mg/dL (1.1mmol/L)
LOW	20-69 mg/dL (1.1-3.8 mmol/L)
	70-119 mg/dL (3.9-6.6 mmol/L)
HIGH	≥ 120 mg/dL (6.6 mmol/L)
KETONE?	≥ 240 mg/dL (13.3 mmol/L)
H ₁	> 600 mg/dL (33.3mmol/L)

Appears	When systolic or diastolic blood pressure
	< 140 mmHg and < 90 mmHg
HIGH	≥ 140 mmHg or ≥ 90 mmHg

Reference values for blood glucose:

Time of day	Normal plasma glucose range for people without diabetes
Fasting and before meal	< 100 mg/dL (5,6 mmol/L)
2 hours after meals	< 140 mg/dL (7,8 mmol/L)

Source: American Diabetes Association (2008), Clinical Practice Recommendations, Diabetes Care, 31 (Supplement 1): S1-108.

Please work with your doctor to determine a target range that works best for you.