



As we are unhappy with the enclosed manufacturers' test instructions we have written our own which we feel are far easier to follow. We will be getting the pack instructions corrected in due course.

### Introduction

This diabetes test detects the presence of glucose (sugar) in your blood. This test contains 2 test strips. If you obtain an abnormal result with the first strip, repeat the test using the second strip.

### Pack contents

- Plastic Vial containing 2 test strips.
- 2 x Lancets
- Comparison Chart
- Instructions

### Why do I need this test?

This test can help identify diabetes at an early stage, before the illness causes any symptoms. It is important to detect diabetes early on so that you can begin to have treatment and reduce the risk of complications.

### Precautions

- If you are colour blind do not attempt to read the colour comparison chart.
- Do not use this test beyond the expiry date on the plastic vial.
- Ensure hands are thoroughly washed before carrying out test. Hands or fingers which have traces of sugar from foods or drinks could cause a false elevated result.
- Do not carry out this test if you have been suffering with diarrhoea or vomiting. Dehydration and excessive water loss may cause an inaccurate low reading.

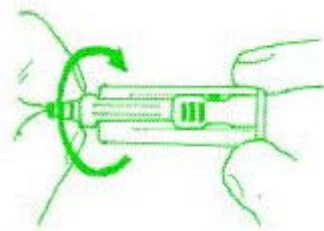
### Before you begin

1. Read the entire instructions carefully.
2. Ensure you have a clock or watch ready.

### Test Procedure

- When ready to perform the test open the plastic vial and remove one of the test strips. Close the container back up when the strip has been removed. Make sure that protective cap has not been removed from the lancet.

- Wash hands with hot water and soap and dry them well. Using gentle pressure, massage the finger from which the sample is to be taken (the middle or ring finger is the best) by gently working the thumb of your free hand up to the tip of the finger.
- Carefully twist off the protective cap from the lancet as shown in the first picture and then remove.

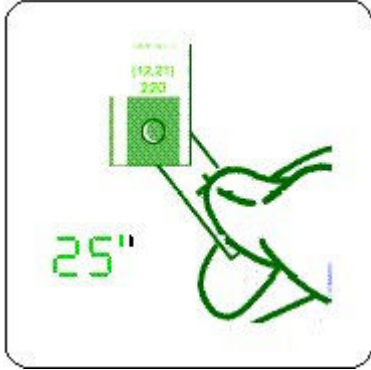


- Press the lancet very firmly against the soft pad of your finger tip and press the blue button on the side of the lancet - this releases a very short needle, enough only to prick the skin. It is important to press the finger pricker firmly against the fingertip otherwise the skin will not be punctured.



- Using a dry tissue, wipe away the first sign of blood.
- Holding the punctured site downwards, with palm of hand facing upwards, continue to gently massage the finger until a large drop of blood appears.
- Drop the blood on the white reactive square area marked by 2 blue lines (the side which shows the blood drop) without actually touching the reactive square with the finger.
- Be sure that blood drop completely covers the reactive area of the strip.
- Wait about 50 seconds to allow the chemical reaction to occur.

- Turn the strip over and within the next 25 seconds compare the developed colour in the circular area of the strip with each coloured area of the comparative card by positioning the strip behind the holes in the card.
- Find the closest matching colour and read the results below.



Since the test result is a semi-quantitative judgement based on colour, shade and intensity, it is useful to get the opinion of a second person on the final result. It is important to make the colour comparison within 25 seconds, otherwise the colour will continue to darken and the evaluated concentration will be more than the real one.

Each colour block corresponds to a glucose concentration, the lightest colour is a glucose reading of 25mg/dl and the darkest colour is a reading of 500 mg/dl. A reactive test strip which shows a colour lighter than 25 mg/dl has to be considered a glucose level of less than 25 mg/dl. A reactive test strip with a colour darker than 500 mg/dl has to be considered a glucose level higher than 500mg/dl.

### Normal Glucose Values

After fasting normal blood glucose values in a person without diabetes are 60-100 mg/dl (3,3 -5,6 mmol/l). Consult your doctor if a reading of less than 50mg/dl or higher than 250 mg/dl is obtained.

### What do I do with the result now?

A high result means that the test has found excess glucose in your blood. This does not always mean you are diabetic. However, it is very important that you visit your doctor to discuss your test result.

If the result was low this means at this time no excess glucose was found in your blood. If the result is low and you do not have any symptoms, you do not need to do anything else. However, you should visit your doctor if the result was low but you are experiencing any of the following symptoms:

- More thirsty than normal
- Passing urine frequently
- Tiredness
- Weight loss
- Blurred vision

### Storage

This test should be stored inside the protective vial at room temperature. Do not expose to direct sunlight.

**For more details:**  
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 Olds Approach  
 Watford  
 Hertfordshire  
 WD18 9SR  
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