

Self-Monitoring Blood Glucose Using Accu-Chek Performa Glucometer



Step 1:
Wash and dry your hands.



Step 2:
Check the expiry date of the test strip indicated on the container. Do not use expired test strips.



Step 3:
Remove one test strip from the container and close the cap tightly.



Step 4:
Insert the test strip into the meter until it beeps. Wait for a flashing blood drop symbol to appear.



Step 5:
Press the lancing device firmly against the edge of your fingertip. Push the release button.



Step 6:
Relax your finger after pricking. Gently massage until a drop of blood appears.



Step 7:
Apply the blood droplet to the yellow area at the end of the test strip. The result will appear after 5 seconds.



Step 8:
Press the finger with a tissue to stop the bleeding.



Step 9:
Slide the lever over and back once to replace a new lancet for your next blood glucose test.



Step 10:
Record your readings in the blood glucose logbook.



Step 11:
Press the "on" button to display the home screen, then \curvearrowright or \curvearrowleft to scroll through all your results.