

# Self Blood Glucose Monitoring Using Performa Glucometer

## Setting Up Your Lancing Device

### Step 1:



Each Lancet drum contains 6 sterile lancets



Pull off the cap directly. Do not twist the cap while pulling.



Insert the drum with the white end first into the lancet device, until a click sound is heard



Recap the lancet device. Ensure that the notch on the cap is aligned with the notch on the device.



### Step 2:



Adjust the lancet depth. Usually,

- For females: 1mm to 2mm
- For males: 2mm to 3mm



### Step 3:



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



### Step 4:



Remove the drum after the last lancet is used. "6" refers to the first needle, "1" is the last needle left.



### Step 5:



Dispose used SF Lancet into a hard container with a cap.