

# Self-Monitoring Blood Glucose Using Freestyle Optium Neo Glucometer



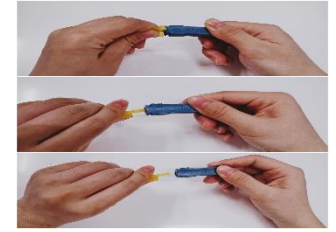
**Step 1:**  
Wash and dry  
your hands.



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



**Step 3:**  
Insert the test strip and wait for  
the blood drop symbol.



**Step 4:**  
Remove the protective cap  
by twisting 90 degrees from  
the SF Lancet



**Step 5:**  
Place the end of the SF Lancet  
on your fingertip. Gently push  
against the fingertip.



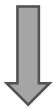
**Step 6:**  
Relax your finger after pricking.  
Gently massage until a drop of  
blood appears.



**Step 7:**  
Apply the blood drop  
to the white area at the  
end of the test strip.



**Step 8:**  
The result  
will appear  
after 5  
seconds.



**Step 9:**  
Press the finger with a  
tissue to stop the bleeding.



**Step 10:**  
Dispose used SF Lancet  
into a hard container  
with a cap.



**Step 11:**  
Record your readings in  
the blood glucose logbook



**Step 12:**  
Press to display the home screen,  
then press & or to scroll  
through all your results.