

# Steps to lancing success

## 1 Prepare



**Twist and unlock the endcap as shown**  
Line up the white raised mark and black indented mark



**Loosen the round protective cap on the lancet but do not remove it**  
Rotate 1/4 turn



**Insert the lancet firmly into the lancing device**  
Push until the lancet comes to a complete stop



**Carefully twist off the round protective cap**  
Save the cap for disposing of the used lancet



**Re-attach the endcap**  
'Click' to lock

## 2 Lance



**Rotate the endcap dial to adjust the puncture depth**  
1 for the shallowest and 5 for the deepest



**Pull back the reset handle until the release button is raised**



**Press the lancing device firmly against the side of your finger and press the release button**  
You will hear a click when the lancet is released

## 3 Eject



**Remove the endcap**  
Place the protective cap that you saved onto a flat surface. Push the lancet into the cap as shown



**Push the grey lancet ejector forward until the lancet falls into the container, then slide ejector back**  
Don't forget to re-attach the endcap



**Microlet**  
**next** Lancing Device

Before use and for full information please see the MICROLET<sup>®</sup>NEXT packaging insert

Contour.  
diabetes solutions

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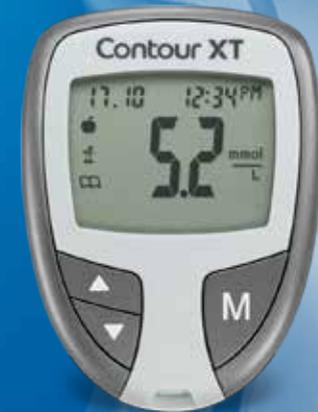
CONTOUR<sup>®</sup>XT meter and  
CONTOUR<sup>®</sup>NEXT test strips

Quick reference guide

Simple. Precise.

multi  
puls

NO  
CODING



Contour.  
**next**  
Blood Glucose Test Strips

Contour  
Blood Glucose  
Monitoring System  
**XT**

ASCENSIA  
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## STEP 1: Insert test strip

Insert the grey end of the test strip into the test strip port of the CONTOUR<sup>®</sup>XT blood glucose meter. This automatically codes the meter. The meter will switch on and a test strip with a flashing drop of blood will appear in the display. This indicates that the device is ready to measure blood glucose.



## STEP 2: Test blood + display test result

Immediately touch the opening of the test strip to the drop of blood. The blood is automatically pulled into the test strip. Hold the test strip in the drop of blood until the device beeps.

The beep indicates the start of the five-second test time. Your test result is then displayed and automatically saved.



## STEP 3: Display test result

The beep indicates the start of the five-second test time. Your test result is then displayed and automatically saved.



## STEP 4: Remove test strip

The device switches off automatically as soon as you remove the used test strip from the CONTOUR<sup>®</sup>XT.



## CONTOUR<sup>®</sup> NEXT test strips

CONTOUR<sup>®</sup>NEXT test strips are available in packs of 50 or 100.

