Using the Lancing Device

1. Wash your hands in warm, soapy water. Rinse well and dry completely. Warming fingers can increase the blood flow.

2. Turn the lancet insert cap counter clockwise to remove it, insert the lancet into the lancing device holder and push down firmly until it is fully seated. Twist the lancet protective disk until it separates from the lancet.

3. Replace the cap and turn it clockwise, until it is snug. Adjust the puncture depth setting by turning the comfort dial. The dial has 1 to 5 steps, and the higher the step number, the stronger the blood sampling pressure on the puncture site.

4. The comfort tip offers 5 different levels of skin penetration:
   - 1-2: for soft or thin skin
   - 3: for average skin
   - 4-5: for thick or callused skin

5. Prime the lancing device as shown below by pulling the top of the device. Hold the lancing device firmly against the side of finger and then press the release button.

- A lancet should only be used once. Do NOT share used lancets with another person. To prevent possible infection, a used lancet should not be touched by another person.
- Dispose of used lancets in accordance with local regulatory guidelines and in a safe manner, so as not to cause accidental injury.