northern health
the northern way of caring

ACCU-CHEK® Performa
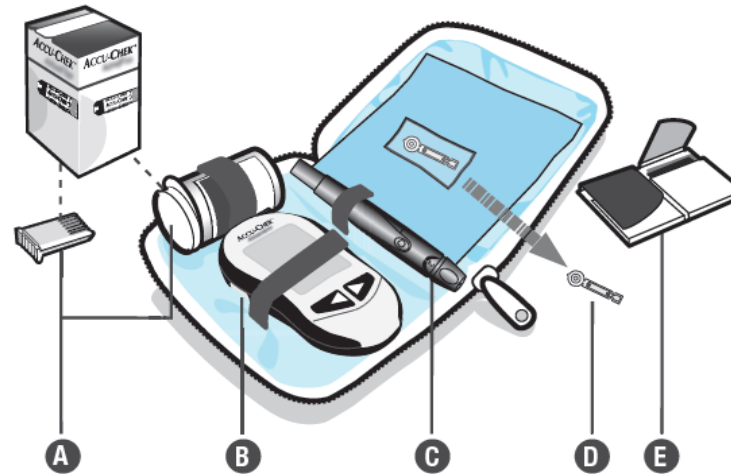
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Start Here

Quick Start Guide

⚠ **WARNING**

This Quick Start Guide does not replace the Owner's Booklet for your Accu-Chek Performa blood glucose meter. The Owner's Booklet contains important handling instructions and additional information.

ACCU-CHEK®

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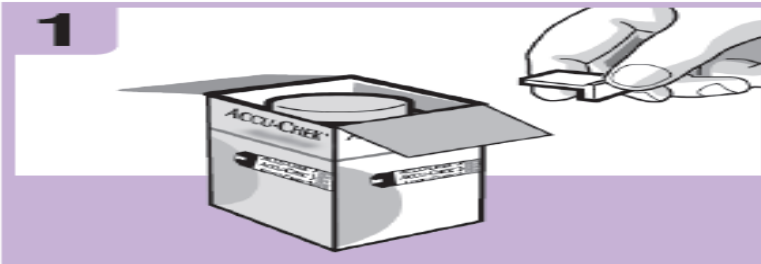C. Accu-Chek Softclix Lancing Device
D. Lancets
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⚠ **WARNING**
The lancing device is intended for personal use only.

Preparing the Meter for a Test

1

Open the test strip box and find the code chip.

2

Insert the code chip into the code chip slot on the side of the meter until the code chip snaps into place.

NOTE
The code chips that come with Accu-Chek Performa test strips are changing from white to **black**. Once you receive a **black** code chip, insert it into the meter. You do not need to change the **black** code chip again, even if new test strip boxes contain different colored code chips or different code numbers.
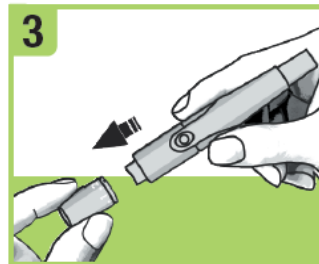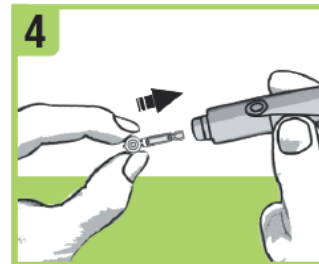
Setting up the Lancing Device
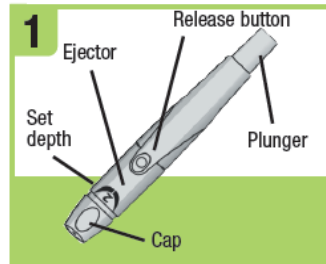
1
Familiarize yourself with the Accu-Chek Softclix lancing device.
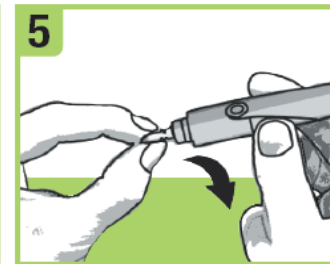
2
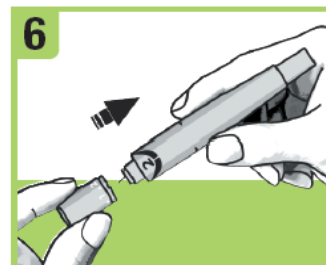Get a lancet from the pocket in the carry case.

3
Remove the cap by pulling it straight off. Do not twist the cap.

4
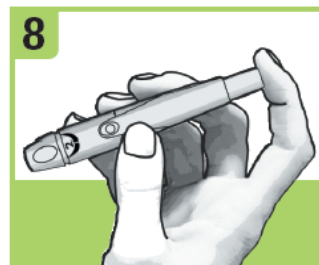Insert the lancet into the lancing device until the lancet clicks.

5
Twist off the lancet's protective cover.

6
Replace the cap on the lancing device. Make sure the notch on the cap lines up with the notch on the device.

7
Adjust the lancet depth to a comfortable penetration level. Start at 2 or 3. For tougher skin, dial to a higher number.

8
Press the plunger in as far as it will go, like a pen. Do not press the release button while pressing the plunger. The release button turns yellow when the device is ready.

9
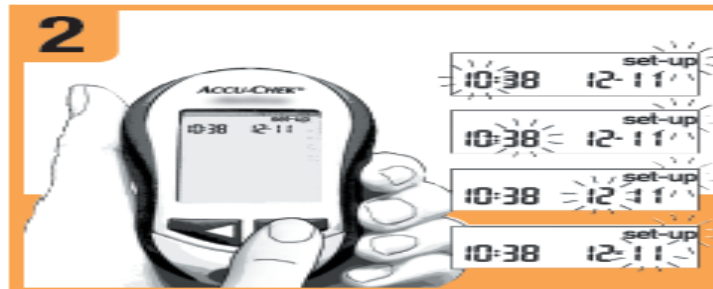Set the lancing device aside until you are ready to perform a fingerstick.

Setting the Time and Date on the Meter

1

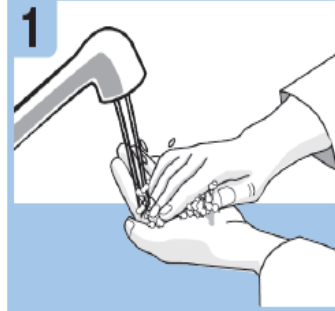Press and release ⊚. The meter beeps and **set-up** and the hour flash on the display.

2

Use ◀ or ▶ to adjust the hour. Press and release ⊚ to advance through the hour, minutes, day, month, and year, adjusting each flashing setting as needed with ◀ or ▶.

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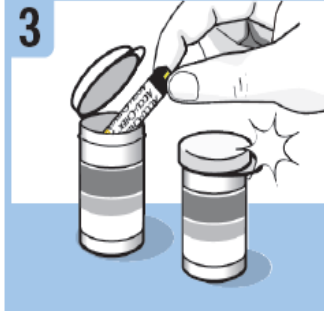*the northern way of caring*

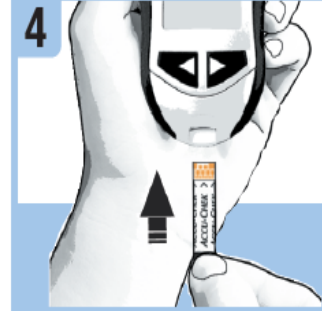## Performing a Blood Glucose Test

1 Wash and dry your hands before you perform a blood glucose test.

2 Check the use by date on the test strip container. Do not use test strips past the use by date.

3 Remove a test strip from the test strip container. Close the cap tightly.

4 Insert the test strip into the meter in the direction of the arrows until the meter beeps.

5 The code number appears briefly, the meter beeps, and a flashing blood drop symbol appears.
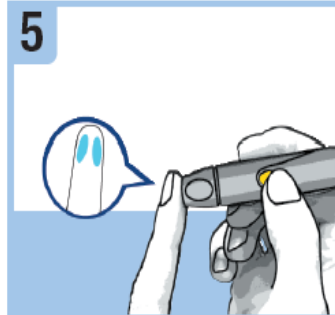
5 Press the lancing device firmly against the edge of your fingertip and press the yellow release button to prick your fingertip.
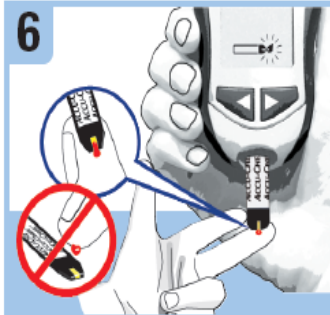
6 Touch the end of the test strip to the blood drop. Do not put blood on top of the test strip.

The meter beeps and ⌛ flashes when there is enough blood in the test strip.
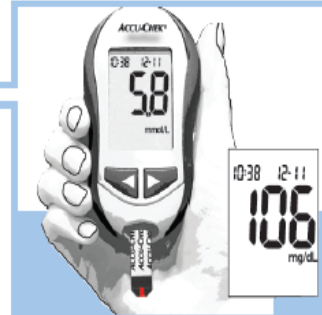
The test result appears on the display after 5 seconds.

Before you finish… Remove the lancing device cap. Point the lancet away from you. Slide out the ejector to release the lancet.

PERFORMA METER QUICK GUIDE

Error Messages

If any of the error messages below appear on the display at any time, refer immediately to the Owner's Booklet, Chapter 5, Display and Error Messages.

E-1 The test strip may be damaged or the code chip is incorrect. Remove and reinsert the test strip. If the message reappears, turn the meter off and insert a new code chip.

E-2 The code chip is incorrect. Turn the meter off and insert a new code chip.

E-3 Your blood glucose may be extremely high or a meter or a test strip error has occurred. If your test result matches how you feel, contact your healthcare professional immediately. If your test result does not match how you feel, repeat the blood glucose test and see the Owner's Booklet, Chapter 2, Unusual Blood Glucose Results. If the second test result does not match how you feel, perform a control test with the control solution and a new test strip. If the control result is within the acceptable range, review the proper testing procedure and repeat the blood glucose test with a new test strip. If the E-3 code still appears for your blood glucose test, your blood glucose result may be extremely high and above the system's reading range. **Contact your healthcare professional immediately.** If the control result is not within the acceptable range, see the Owner's Booklet, Chapter 4, Understanding Out-of-Range Control Results.

E-4 Not enough blood or control solution was drawn into the test strip for measurement or was applied after the test had started. Discard the test strip and repeat the test.

E-5 This message may appear when using a white code chip in the meter. It means the code chip is from an expired lot of test strips. Turn the meter off and insert a new code chip. Make sure the time and date in the meter are correct.

E-6 Blood or control solution was applied to the test strip before the flashing drop symbol appeared on the display. Discard the test strip and repeat the test.

E-7 An electronic error occurred or, in rare cases, a used test strip was removed and reinserted. Turn the meter off and on, or take the battery out for 20 seconds and reinsert it. Perform a blood glucose or control test.

E-8 The temperature is above or below the proper range for the system. Refer to the test strip package insert for system operating conditions. Move to an area with the appropriate conditions, wait 5 minutes, and repeat the blood glucose or control test. Do not artificially heat or cool the meter.

E-9 The battery is almost out of power. Change the battery now.

E-10 The time and date settings may be incorrect. Make sure the time and date are correct and adjust, if necessary.

NOTE
Contact Roche if the error message continues.

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Roche Diagnostics GmbH
Sandhofer Strasse 116
68305 Mannheim, Germany
www.accu-chek.com

CE 0088

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