ACCU-CHEK® Instant S

Roche

User's Manual
Blood Glucose Meter

ACCU-CHEK®

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Production

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Roche USA – 71536
V2/2 – 07945914002
07945914001(02) – PMS 320

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The Accu-Chek Instant S System

The Accu-Chek Instant test strips with the Accu-Chek Instant S meter are intended to quantitatively measure glucose in fresh capillary whole blood from the finger, palm, forearm, and upper arm as an aid in monitoring the effectiveness of glucose control.

The Accu-Chek Instant test strips with the Accu-Chek Instant S meter are intended for in vitro diagnostic self-testing by people with diabetes.

The Accu-Chek Instant test strips with the Accu-Chek Instant S meter are intended for in vitro diagnostic use by healthcare professionals in clinical settings. Venous, arterial, and neonatal blood testing is limited to healthcare professional use.

This system is not for use in the diagnosis of diabetes mellitus, nor for testing neonate cord blood samples.

Suitable for self-testing

The system includes:

Accu-Chek Instant S meter with battery, Accu-Chek Instant test strips*, and Accu-Chek Instant control solutions*.

*Some items may not be included in the kit. They are a separate purchase.

⚠ WARNING

- Choking hazard. Small parts. Keep away from children under the age of 3 years.
- Any object coming into contact with human blood is a potential source of infection (see: Clinical and Laboratory Standards Institute: Protection of Laboratory Workers from Occupationally Acquired Infections; Approved Guideline – Fourth Edition; CLSI document M29-A4, May 2014).

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Introduction

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The Accu-Chek Instant S Meter

Right Side View | Front View | Left Side View

1. **Meter Button**
   Press to turn the meter on and off, move to the next screen, or make a selection.
2. **Display**
   Shows results, messages, and test results stored in memory.
3. **Target Range Indicator**
   Indicates whether your blood glucose result falls above, within, or below a pre-set range of values.
4. **Micro USB Port**
   Transfers data from the meter to a computer (PC).

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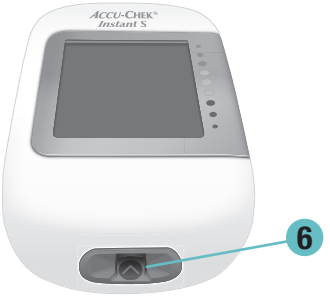
1 Your New System

Back View



Underside View

5. **Battery Door**
   Open to replace battery.

6. **Test Strip Slot**
   Insert test strip here.

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(for example)

Test Strip

7. **Test Strip Container***
8. **Metallic End**
   Insert this end into the meter.
9. **Yellow Edge**
   Touch blood drop or control solution here.
10. **Control Solution Bottle***
11. **Battery**
12. **USB Cable***
    Connects the meter to a PC.

*Some items may not be included in the kit. They are a separate purchase.

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1 Your New System

Using the Meter Button

Your new meter has only one button, but it performs many actions. Press the meter button once to turn the meter on and see your most recent blood glucose result. Continue pressing to view your 7-, 30-, and 90-day blood glucose averages.

When instructed to press the meter button, press it briefly and release it.

When instructed to press and hold the meter button, press and hold it for 3 or more seconds.

Time and Date

To display or change the time and date on the meter, connect it to a PC with diabetes management software installed. Follow the diabetes management software instructions to set the time and date. The meter display will then show the time and date along with your test results.

Target Range

Consult your healthcare professional for the blood glucose range appropriate for you. It is very important to stay within your target range.

The target range is set by default at 70–160 mg/dL (3.9–8.9 mmol/L). The target range can be set from a lower limit of 60–140 mg/dL (3.3–7.8 mmol/L) to an upper limit of 90–300 mg/dL (5.0–16.6 mmol/L).

To change the target range, connect the meter to a PC with diabetes management software installed. Then follow the diabetes management software instructions.

⚠ WARNING

This function is no substitute for hypoglycaemia training by your healthcare professional.

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Symbols

Symbol	Description
	Last test result symbol. This indicates that you are viewing your last blood glucose result.
7 day ave	7-day average symbol. This indicates that you are viewing the 7-day average of your blood glucose results.
30 day ave	30-day average symbol. This indicates that you are viewing the 30-day average of your blood glucose results.
90 day ave	90-day average symbol. This indicates that you are viewing the 90-day average of your blood glucose results.
	Drop symbol
	Control bottle symbol
	Hourglass symbol
	Low battery symbol
- - -	No data to display
	Target range indicator arrow. When flashing, your blood glucose result is outside the target range.
	Temperature warning symbol

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1 Your New System

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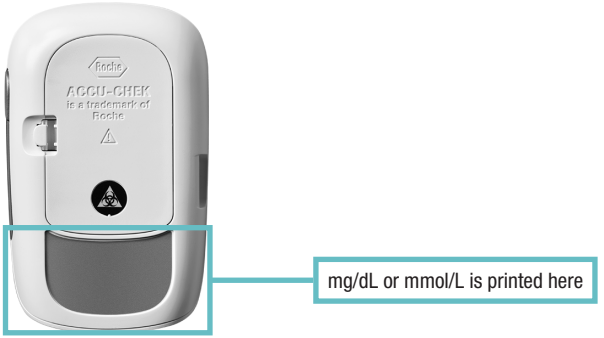
⚠ WARNING

Blood glucose results can be displayed in either mg/dL or mmol/L. The back label of the meter shows the unit of measurement. If the meter shows the wrong unit, contact Roche. If you do not know which unit of measurement is correct for you, contact your healthcare professional. Using the wrong unit of measurement may cause misinterpretation of your actual blood glucose level and may lead to improper therapy.



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2 Blood Glucose Tests

Using the Accu-Chek Instant S System

- Use only Accu-Chek Instant test strips.
- Use the test strip immediately after removing it from the test strip container.
- Do not apply blood or control solution to the test strip before inserting it into the meter.
- Close the test strip container tightly immediately after removing a test strip to protect the test strips from humidity.
- Store the unused test strips in their original test strip container with the cap closed.
- Check the use by date on the test strip container. Do not use the test strips after that date.
- Store the test strip container and meter in a cool, dry place such as a bedroom.
- Refer to the test strip package insert for test strip storage and system operating conditions.

⚠ WARNING

Do not store test strips in high heat and moisture areas (bathroom or kitchen)! Heat and moisture can damage test strips.

Performing a Blood Glucose Test with Blood from Your Fingertip

NOTE

- You need the meter, a test strip, and a lancing device with a lancet inserted to perform a blood glucose test.
- A blood glucose test cannot be performed while the meter is connected to a PC with a USB cable.

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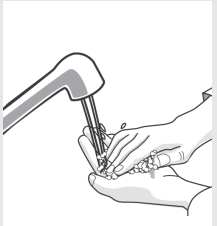
1



Wash your hands with warm soapy water and dry thoroughly.

Prepare the lancing device.

2

Check the use by date on the test strip container.

Do not use test strips past the use by date.

3

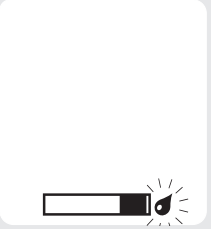
Remove a test strip from the test strip container.

Close the cap tightly.

4

Insert the metallic end of the test strip into the meter. The meter turns on.

5



When a flashing drop symbol appears, perform a fingerstick with the lancing device.

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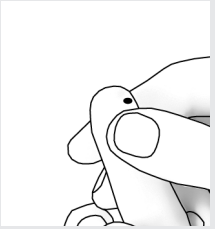
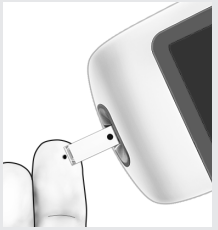
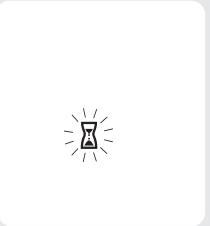
6



Gently squeeze your finger to assist the blood flow. This helps you get a blood drop.

7





Touch the **yellow edge** of the test strip to the blood drop. Remove your finger from the test strip when the flashing hourglass symbol appears. Do not put blood on top of the test strip.

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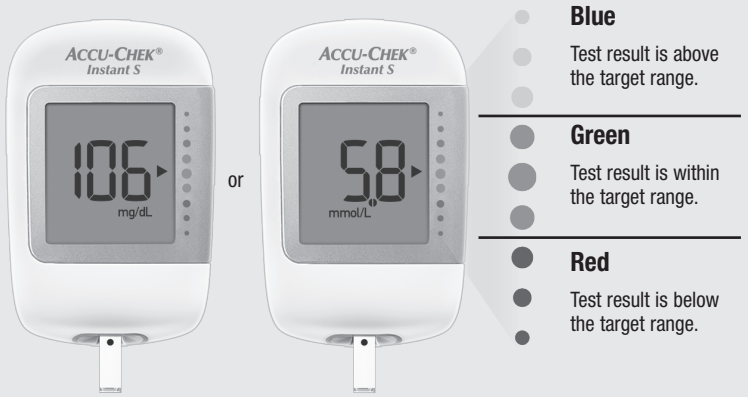
8



Your test result appears with an arrow. This arrow shows if your test result falls above, within, or below the target range.* The target range is represented by the green region of the target range indicator. The arrow will flash if your test result falls above or below this range.

Remove and discard the used test strip.

*The target range is set by default at 70–160 mg/dL (3.9–8.9 mmol/L). To change the target range, connect the meter to a PC with diabetes management software installed. Consult your healthcare professional before changing the target range.

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Performing a Blood Glucose Test with Blood from Your Palm, Forearm, or Upper Arm (Alternative Site Testing)

⚠ WARNING

Do not use alternative site testing to calibrate a continuous glucose monitoring system or to make insulin dosing calculations.

You have the option of obtaining a blood sample from other sites on your body besides the fingertip. Alternative sites include the palm, forearm, and upper arm.

Blood obtained from the fingertip and palm can be used at any time to perform a blood glucose test.

If blood from the forearm or upper arm is used, there are certain times when testing is not appropriate. This is because your blood glucose level changes faster in your fingertip and palm than in the forearm and upper arm. These differences may cause you to misinterpret your actual blood glucose level, leading to improper therapy and potential adverse health effects.

Read the next section before you try testing from the forearm or upper arm.

You may perform a forearm or upper arm test	• immediately before a meal. • while fasting.
You may NOT perform a forearm or upper arm test	• up to 2 hours following a meal, when blood glucose values can rise quickly. • after injecting bolus insulin, when blood glucose values can decrease rapidly. • after exercise. • if you are sick. • if you think your blood glucose is low (hypoglycaemia). • if you sometimes do not notice when your blood glucose is low.

If you are interested in AST, talk to your healthcare professional first.

To obtain an AST cap and detailed AST instructions, contact Roche.

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Unusual Blood Glucose Results

If your blood glucose result does not match how you feel, check this list to help solve the problem.

Troubleshooting Checks	Action
Were the test strips expired?	Discard the test strips if they are past the use by date. Repeat the blood glucose test with an unexpired test strip.
Was the cap on the test strip container always closed tightly?	Replace the test strips if you think the test strip container was uncapped for some time. Repeat the blood glucose test.
Was the test strip used immediately after it was removed from the test strip container?	Repeat the blood glucose test with a new test strip.
Were the test strips stored in a cool, dry place?	Repeat the blood glucose test with a properly stored test strip.
Did you follow the directions?	Read the chapter **Blood Glucose Tests** and repeat the blood glucose test. Contact Roche if you still have problems.
Are the meter and test strips working properly?	Perform a control test. See the chapter **Control Tests** for instructions.
Are you still unsure of the problem?	Contact Roche.

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Symptoms of Low or High Blood Glucose

Being aware of the symptoms of low or high blood glucose can help you understand your test results and decide what to do if they seem unusual.

Low blood glucose (hypoglycaemia): Symptoms of hypoglycaemia may include, but are not limited to, anxiety, shakiness, sweating, headache, increased hunger, dizziness, pale skin colour, sudden change in mood or irritability, fatigue, difficulty concentrating, clumsiness, palpitations, and/or confusion.

High blood glucose (hyperglycaemia): Symptoms of hyperglycaemia may include, but are not limited to, increased thirst, frequent urination, blurred vision, drowsiness, and/or unexplained weight loss.

⚠ WARNING

If you are experiencing any of these symptoms, or other unusual symptoms, test your blood glucose from the fingertip or palm. If your blood glucose result is displayed as LO or HI, contact your healthcare professional immediately.

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When to Perform a Control Test

Performing a control test lets you know the meter and test strips are working properly. You should perform a control test when:

- you open a new test strip box.
- you left the test strip container open.
- you think the test strips are damaged.
- you want to check the meter and test strips.
- the test strips were stored in extreme temperatures, humidity, or both.
- you dropped the meter.
- your test result does not match how you feel.
- you want to check if you are performing the test correctly.

About the Control Solutions

- Use only Accu-Chek Instant control solutions.
- Close the control solution bottle tightly after use.
- Write the date you open the control solution bottle on the bottle label. The control solution must be discarded 3 months from the date the control solution bottle was opened (discard date) or on the use by date on the bottle label, whichever comes first.
- Do not use control solution that is past the use by or discard date.
- Refer to the control solution package insert for control solution storage conditions.
- The meter automatically recognises the difference between the control solution and blood.
- The control solution can stain fabric. Remove stains by washing with soap and water.

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3 Control Tests

Performing a Control Test

You need the meter, a test strip, and control solution Level 1 or Level 2.

1

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

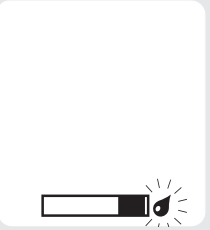
2

Remove a test strip from the test strip container.

Close the cap tightly.

3

Insert the metallic end of the test strip into the meter. The meter turns on.



A flashing drop symbol appears.

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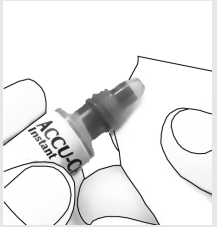
4

Select the control solution to test. You will enter the level later in the test.

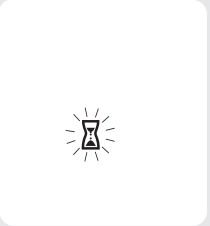
5



Remove the bottle cap. Wipe the tip of the bottle with a tissue. Squeeze the bottle until a tiny drop forms at the tip.

6

Touch the drop to the **yellow edge** of the test strip. Do not put control solution on top of the test strip.



A flashing hourglass symbol appears when there is enough control solution in the test strip.

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7

or

The control result appears. Press the meter button.

8

or

If you tested with Level 1 control solution, the L-1 screen appears. Press and hold the meter button to confirm that you tested with Level 1 control solution.

If you tested with Level 2 control solution, the L-2 screen appears. Press and hold the meter button to confirm that you tested with Level 2 control solution.

Press the meter button to alternate between L-1 and L-2.

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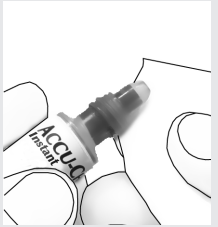
9

OK appears if the control result is within range.

or

Err appears if the control result is out of range.

10



Wipe the tip of the bottle with a tissue. Cap the bottle tightly.

Remove and discard the used test strip.

NOTE

The meter turns off 90 seconds after a successful test or 15 seconds after the test strip is removed, provided no other action is taken.

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Understanding Out-of-Range Control Results

⚠ WARNING

The control solution ranges are printed on the test strip container label. If the control result is out of range, check this list to help solve the problem.

Troubleshooting Checks	Action
Were the test strips or control solutions expired?	Discard the test strips or control solution if either is past the use by date. If the control solution was opened more than 3 months ago, discard it. Repeat the control test with an unexpired test strip and an unexpired control solution.
Did you wipe the tip of the control solution bottle before use?	Wipe the tip of the bottle with a tissue. Repeat the control test with a new test strip and a fresh drop of control solution.
Were the caps on the test strip container and the control solution bottle always closed tightly?	Replace the test strips or control solution if you think either was uncapped for some time. Repeat the control test.
Was the test strip used immediately after it was removed from the test strip container?	Repeat the control test with a new test strip and a fresh drop of control solution.
Were the test strips and control solutions stored in a cool, dry place?	Repeat the control test with a properly stored test strip or control solution.
Did you follow the directions?	Read the chapter **Control Tests** and repeat the control test.
Did you choose the correct control solution level, either 1 or 2, when you performed the control test?	If you chose the wrong control solution level, you can still compare the control result to the range printed on the test strip container.
Are you still unsure of the problem?	Contact Roche.

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Overview

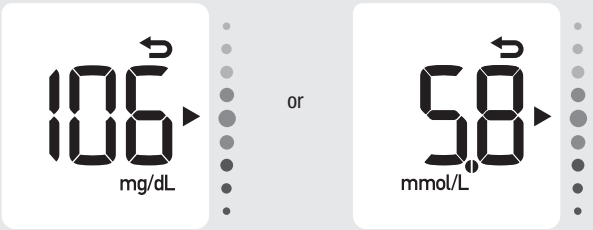
- The meter automatically stores at least 720 blood glucose results in memory, but only the last blood glucose result and your 7-, 30-, and 90-day averages can be viewed on the meter. To view stored blood glucose results, transfer them to a compatible software application.
- The meter automatically stores at least 30 control results in memory, but only the current control result can be viewed on the meter. To view stored control results, transfer them to a compatible software application.
- If more than 720 blood glucose tests are performed within a 90-day period, only the 720 most recent test results are included in the 90-day average.
- Control results are not included in the 7-, 30-, or 90-day averages.

⚠ WARNING

Do not change your therapy based on an individual test result in memory. Talk to your healthcare professional before changing therapy based on test results in memory.

Reviewing Your Last Blood Glucose Result

1



With the meter off, press the meter button to turn the meter on. The last test result symbol ⮌ indicates that you are viewing your last blood glucose result.

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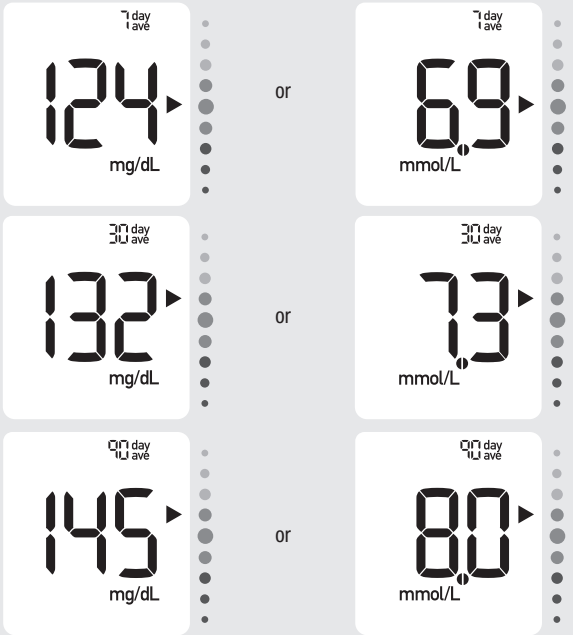
4 Review Your Data

Reviewing Your Test Result Averages

The meter uses all of your blood glucose results from the past 7, 30, or 90 days to calculate a single number. This number is called the average, and helps you to understand your blood glucose results over a given period of time.

1



With the meter off, press the meter button to turn the meter on. Press the meter button to view your 7-, 30-, and 90-day averages.

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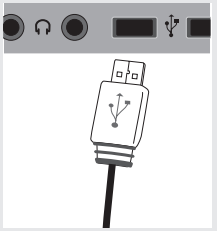
Connecting the Meter to a PC Using a USB Cable

Follow the steps below to access diabetes management software on a PC. You can use this software to view stored results, set the meter time and date, and change the target range.

1

Plug the small end of the USB cable into the meter.

2



Plug the large end of the USB cable into a USB port on the PC.

If the meter is off, it turns on.

3

Start the diabetes management software and initiate a data transfer.

4

The meter transfers the data to the software.

NOTE

The USB cable does not charge the meter's battery. Remove the USB cable after you have finished.

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5 Connecting to a PC

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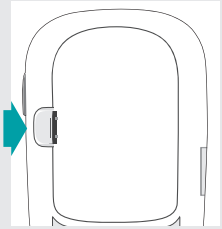
Meter Maintenance

The meter automatically tests its own systems every time you turn it on and lets you know if something is wrong. See the **Error Messages** section of this chapter.

If you drop the meter or think the results are not accurate, contact Roche.

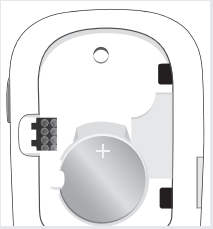
Changing the Battery

1



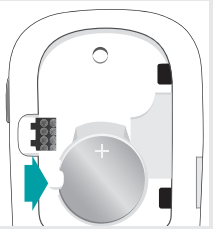
Open the battery door on the back of the meter by pushing the tab in the direction of the arrow and pulling the door up.

2



Remove the old battery. Press and hold the meter button for at least 2 seconds.

3



Slide the new battery under the tab with the **(+) side facing up**. Put the battery door back in place and snap it closed.

NOTE

- The meter uses one 3-volt lithium battery, coin cell type CR2032. This type of battery can be found in many stores. It is a good idea to have spare batteries available.
- Meter data is not lost when you replace the battery.

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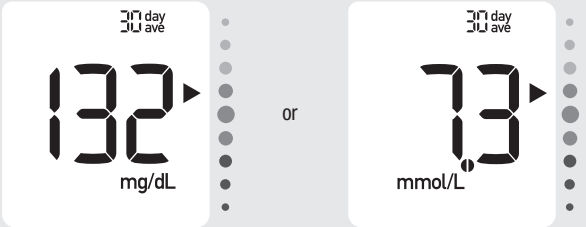
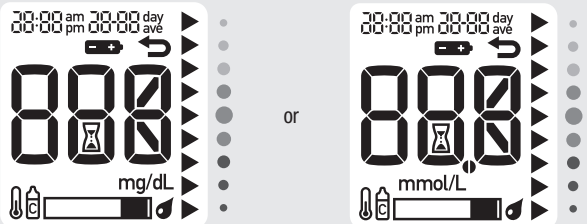
Checking the Meter Display

1



With the meter off, press the meter button to turn the meter on. Press the meter button twice to display the 30-day average screen.

2



Press and hold the meter button until all display segments appear. Check the meter display for missing segments. All segments should look like the picture above. If any segments are missing from the display, contact Roche, as there may be a problem with the meter.

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Cleaning the Meter

Keep the meter free of dust. If you need to clean or disinfect it, follow these guidelines carefully to help you get the best performance possible.

⚠ WARNING

- Do not allow liquid to enter any openings in the meter.
- Do not spray a cleaning solution directly onto the meter.
- Do not immerse the meter in liquid.

1	2
Make sure the meter is turned off.	Gently wipe the meter's surface with a soft cloth slightly dampened (wring out any excess liquid) with one of these cleaning solutions: • 70 % isopropyl alcohol • Mild dishwashing liquid mixed with water • 10 % household bleach solution (1 part bleach plus 9 parts water) made the same day

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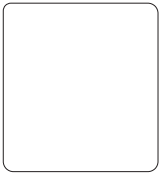
Error Messages

⚠ WARNING

- Never make therapy decisions based on an error message.
- If you have any concerns or see any other error message, contact Roche.

NOTE

- The error code and **Err** will alternate on the display for all coded error messages (E-1 through E 14).



The meter will not turn on or the display is blank.

- Battery is dead.

Insert new battery.

- Display is damaged. / Meter is defective.

Contact Roche.

- Extreme temperatures.

Move the meter to a more temperate area.

The meter is connected to a PC and a blood glucose or control test cannot be performed.

EITHER remove the USB cable and perform a blood glucose or control test OR remove the test strip and start a data transfer.

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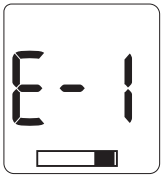
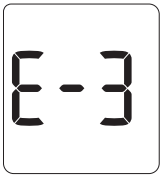


(The error code and **Err** will alternate on the display.)

The test strip may be damaged, not properly inserted, or was previously used.

Remove and reinsert the test strip, or replace it if damaged or previously used.



(The error code and **Err** will alternate on the display.)

A meter or test strip error has occurred.

Repeat the blood glucose test. If a second E-3 code appears, 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 control result is not within the acceptable range, see the **Understanding Out-of-Range Control Results** section in the chapter **Control Tests**.

In rare cases, an E-3 error code may indicate that your blood glucose is extremely high and above the system's measuring range. If you do not feel like your blood glucose is extremely high, repeat the blood glucose test. See the **Unusual Blood Glucose Results** section in the chapter **Blood Glucose Tests**. If the E-3 code still appears for your blood glucose test, **contact your healthcare professional immediately**.

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(The error code and **Err** will alternate on the display.)

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 blood glucose or control test.

(The error code and **Err** will alternate on the display.)

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 blood glucose or control test.

(The error code and **Err** will alternate on the display.)

An electronic error occurred.

Remove the battery, press and hold the meter button for at least 2 seconds, and reinsert the battery. Perform a blood glucose or control test.

(The error code and **Err** will alternate on the display.)

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 and repeat the blood glucose or control test. Do not artificially heat or cool the meter.

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(The error code and **Err** will alternate on the display.)

The battery is almost out of power.

Change the battery now. If the message reappears after the battery has been replaced, remove the battery again, press and hold the meter button for at least 2 seconds, then reinsert the battery.

(The error code and **Err** will alternate on the display.)

The meter's internal clock may need to be reset.

Press the meter button. If the time and date were set, you will need to reset them. See the **Time and Date** section in the chapter **Your New System**.

(The error code and **Err** will alternate on the display.)

The test strip may be damaged.

Repeat the blood glucose or control test with a new test strip.

(The error code and **Err** will alternate on the display.)

Your blood sample may contain a high level of ascorbate.

Contact your healthcare professional.

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(The error code and **Err** will alternate on the display.)

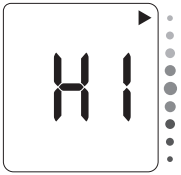
Fluid or foreign material may be present in the test strip slot.

Remove and reinsert the test strip or repeat the blood glucose or control test with a new test strip. If the error persists, contact Roche.

(The error code and **Err** will alternate on the display.)

An electronic error has occurred.

Contact Roche.



Blood glucose may be higher than the measuring range of the system.

See the **Unusual Blood Glucose Results** section in the chapter **Blood Glucose Tests**.

Blood glucose may be lower than the measuring range of the system.

See the **Unusual Blood Glucose Results** section in the chapter **Blood Glucose Tests**.

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Product Limitations

See the literature packaged with the test strips and control solutions for the latest information on product specifications and limitations.

Specifications	
Blood volume Sample type Measuring time Measuring range Test strip storage conditions System operating conditions	Refer to the test strip package insert.
Meter storage conditions	Temperature: -25–70 °C
Memory capacity	1 blood glucose result and 7-, 30-, and 90-day test result averages (at least 720 blood glucose results and at least 30 control results are also stored and can be viewed with external software).
Automatic off	90 seconds after performing a test, 15 seconds after a test strip is removed, or 5 seconds from the last test result screen.
Power supply	One 3-volt lithium battery (coin cell type CR2032)
Display	LCD
Dimensions	77.1 × 48.6 × 15.3 mm (LWH)
Weight	Approx. 40 g (with battery)
Construction	Hand-held
Protection class	III
Meter type	The Accu-Chek Instant S meter is suitable for continuous operation.
Control solution storage conditions	Refer to the control solution package insert.
Continua CERTIFIED Interfaces	USB: micro-B connector; Continua Certified® to a Continua Certified manager.

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7 Technical Information

Electromagnetic Compatibility – The meter meets the electromagnetic emission requirements as per EN 61326-2-6. Its electromagnetic emission is thus low. Interference on other electrically-driven equipment is not anticipated.

Performance Analysis – Refer to the test strip package insert.

Test Principle – Refer to the test strip package insert.

Communication Protocol – The Accu-Chek Instant S blood glucose meter is Continua Certified. Continua Certified signifies that this product complies with applicable IEEE 11073-10417 standards and that it has been tested and certified against the 2015 Continua Design Guidelines.

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Product Safety Information

⚠ WARNING

- Strong electromagnetic fields may interfere with the proper operation of the meter. Do not use the meter close to sources of strong electromagnetic radiation.
- To avoid electrostatic discharge, do not use the meter in a very dry environment, especially one in which synthetic materials are present.

Discarding the Meter

⚠ WARNING

- During blood glucose testing, the meter itself may come into contact with blood. Used meters therefore carry a risk of infection. Before discarding the meter, remove the battery or batteries. Discard used meters according to the regulations applicable in your country. Contact the local council and authority for information about correct disposal.
- The meter falls outside the scope of the European Directive 2012/19/EU – Directive on waste electrical and electronic equipment (WEEE).
- Discard used batteries according to local environmental regulations.

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7 Technical Information

Explanation of Symbols

These symbols may appear on the packaging, on the type plate, and in the instructions for the Accu-Chek Instant S meter.

	Consult instructions for use
	Biological Risks – used meters carry a risk of infection.
	Caution, refer to safety-related notes in the instructions for use accompanying this product.
	Temperature limitation (store at)
	Manufacturer
REF	Catalogue number
IVD	In vitro diagnostic medical device
GTIN	Global Trade Item Number
SN	Serial number
CE 0088	This product fulfils the requirements of the European Directive 98/79/EC on in vitro diagnostic medical devices.
	3-volt coin cell type CR2032

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Additional Supplies

Test Strips: Accu-Chek Instant test strips

Control Solutions: Accu-Chek Instant control solutions

Information for Healthcare Professionals

⚠ WARNING

Healthcare Professionals: Follow the infection control procedures appropriate for your facility. Refer to the test strip package insert for additional healthcare professional information.

Sample Handling

Always wear gloves when handling blood-contaminated items. Always adhere to the recognised procedures for handling objects that are potentially contaminated with human material. Follow the hygiene and safety policy of your laboratory or institution. Prepare the selected blood collection site per facility policy.

Refer to the test strip package insert for additional information regarding acceptable sample types, anticoagulants, and handling instructions.

Recommending Alternative Site Testing to Patients

Decisions about whether to recommend Alternative Site Testing (AST) should take into account the motivation and knowledge level of the patient and his or her ability to understand the considerations relative to diabetes and AST. If you are considering recommending AST for your patients, you need to understand that there is a potential for a significant difference between fingertip or palm test results and test results obtained from the forearm or upper arm. The difference in capillary bed concentration and blood perfusion throughout the body can lead to sample site-to-site differences in blood glucose results. These physiological effects vary between individuals and can vary within a single individual based upon his or her behaviour and relative physical condition.

Our studies involving alternative site testing of adults with diabetes show that most persons will find their glucose level changes more quickly in blood from the fingertip or palm than in blood from the forearm or upper arm. This is especially important when blood glucose levels are falling or rising rapidly. If your patient is used to making therapy decisions based upon fingertip or palm test results, he or she should consider the delay, or lag time, affecting the test results obtained with blood from the forearm or upper arm.

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Guarantee

The statutory provisions on rights in consumer goods sales in the country of purchase shall apply.

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LAST UPDATE: 2016-10

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