

Need Help?

For more information, go to www.diabetes.ascensia.com or call Customer Service: 0345 600 6030 (UK) or 1 890 920 111 (IE) (available Monday – Friday, 9am – 5pm).

Your meter is preset and locked to display results in mmol/L. If your result is in mg/dL, contact Customer Service.

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For in vitro diagnostic use.

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Contour®
next
Blood Glucose Monitoring System

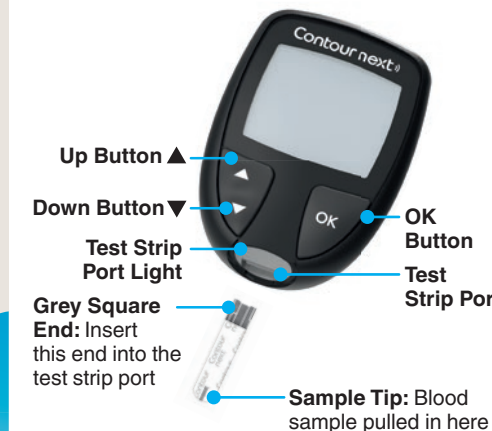
Works with the CONTOUR®DIABETES app available for download from the App Store™ or on Google Play™.



Uses only CONTOUR®NEXT blood glucose test strips.

QUICK REFERENCE GUIDE

Your CONTOUR®NEXT meter



NOTE: Your meter comes with a pre-set time, date, and target range. You can change these features in **Settings**.

CAUTION

Your CONTOUR NEXT meter works only with CONTOUR®NEXT test strips and CONTOUR®NEXT control solution.

Read your CONTOUR NEXT user guide for the *Intended Use* of the meter and a list of *Important Safety Information*, *Warnings*, and *Precautions*.

Turn the Meter On and Off

- Press and hold the **OK** button for about 3 seconds until your meter turns On or Off.
- Inserting a test strip into the meter will also turn the meter On.
- Press **OK** twice when the meter is Off to turn On the white test strip port light.

Home Screen

The Home screen has 2 options: **Logbook** and **Settings**.

- Press the **▼** button until the option you want is blinking.

- To see your past readings and Averages, press the **OK** button while **Logbook** is blinking. See *Logbook* and *View Averages*.
- To change your Settings, press the **OK** button when **Settings** is blinking. See *Settings*.

For a table of symbols, see *Your Meter Display on the second side*.

NOTE: When a symbol is blinking, you can select it.

Fingertip Testing

Refer to your lancing device insert for detailed instructions on preparing the lancing device.

WARNING: Potential Biohazard

- Always wash your hands with antibacterial soap and water and dry them well before and after testing or handling the meter, lancing device, or test strips.
- All parts of this kit are considered biohazardous and can potentially transmit infectious diseases.

For more information, refer to the CONTOUR NEXT user guide.

CAUTION

The lancing device provided is intended for self-testing by a single patient. It must not be used on more than one person due to the risk of infection.

1. Prepare the lancing device. Refer to your lancing device insert for detailed instructions.
2. Insert the grey square end of a new test strip firmly into the test strip port until the meter beeps.



The meter turns On and displays the **Apply Blood** screen. The meter is now ready to test a blood drop.

3. Use your lancing device to get a drop of blood from your fingertip.
4. Stroke your hand and finger toward the puncture site to form a drop of blood.
5. Immediately touch the tip of the test strip to the drop of blood.

CAUTION

For instructions on removing the lancet from your lancing device, see the lancing device insert.

Second-Chance® sampling

If the meter beeps twice and the screen displays a blinking blood drop with a plus sign, the test strip does not have enough blood.

Do not remove the strip. You have 60 seconds to apply more blood to the same test strip.

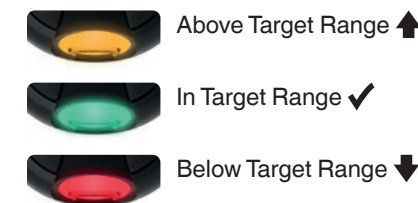


Meal Markers

When Meal Markers are On, you can mark readings as **Fasting**, **Before Meal**, or **After Meal**. See *Turn Meal Markers On*.

smartLIGHT® target range indicator

The meter displays your result with the units, time, date, and target indicator:



The test strip port light displays a colour that indicates if your reading is above, in, or below your personal Target Range.

Logbook

1. To turn on your meter, press and hold the **OK** button for 3 seconds.

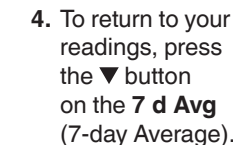
The **Logbook** is blinking.

2. To view your **Logbook** entries, press the **OK** button to enter the Logbook.
3. To scroll through the **Logbook**, press the **▲** or **▼** button. To scroll quickly through entries, press and hold the **▲** or **▼** button.
4. To exit the **Logbook** and return to the **Home** screen at any time, press the **OK** button.

View Averages

1. To enter the **Logbook** from the Home screen, press the **OK** button while the **Logbook** is blinking.
2. To view your Averages, press the **▲** button from the *first Logbook* screen.

3. To scroll through your 7-, 14-, 30-, and 90-day Averages, press the **▲** button.
4. To return to your readings, press the **▼** button on the **7 d Avg** (7-day Average).



5. To exit Averages and return to the **Home** screen at any time, press the **OK** button.

Settings

You can change the settings for:

- **Date:** Change format and date.
- **Time:** Change format and time.
- **Meal Markers**: Turn Meal Markers On or Off.
- **Bluetooth® wireless technology**: Turn **Bluetooth** wireless functionality On or Off.
- **smartLIGHT feature**: Turn smartLIGHT feature On or Off. See *smartLIGHT target range indicator*.

- **Target Ranges**: View and change Target Ranges.
- **Sound**: Turn Sound On or Off.
- **Reminder**: Turn the Reminder feature On or Off.

NOTE: To change the meter time and date, see the user guide.

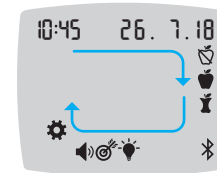
To change meter settings:

1. To highlight the **Settings** symbol from the **Home** screen, press the **▼** button.
2. When the **Settings** symbol is blinking, press the **OK** button to enter **Settings**.

Settings continued on second side

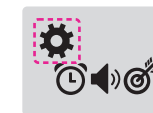
Settings (continued)

- To scroll through Settings options as shown in the image, press the ▲ or ▼ button until the symbol you want is **blinking**.
- Press the **OK** button to select the blinking symbol.
- To edit a Setting, press the ▲ or ▼ button. You can turn the Setting On or Off, or change the value.
- To accept the change and return to the **Home** screen, press the **OK** button.



To exit from Settings and return to Home:

- Press the ▲ or ▼ button until the **Settings** symbol is blinking.
 - Press the **OK** button.
- If you are in a Setting such as Date and you need to exit, press the **OK** button repeatedly until you get back to the **Home** screen.



Set Overall Target Range

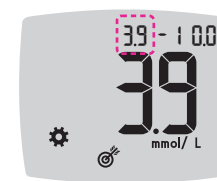


WARNING

Discuss your Target Range settings with your health care professional.

If **Meal Markers** are Off, you can set only 1 **Target Range**. To set **Before Meal** and **After Meal Target Ranges**, see the CONTOUR NEXT user guide.

- To highlight the **Settings** symbol from the **Home** screen, press the ▼ button.
- When the **Settings** symbol is blinking, press the **OK** button to enter **Settings**.
- To scroll to the **Target Range** symbol, press the ▲ or ▼ button. When the symbol is blinking, press the **OK** button.
- To set the blinking **Overall Low Target**, press the ▲ or ▼ button, then press the **OK** button.



- To set the blinking **Overall High Target**, press the ▲ or ▼ button, then press the **OK** button.



Turn Meal Markers On

- To highlight the **Settings** symbol from the **Home** screen, press the ▼ button.
- When the **Settings** symbol is blinking, press the **OK** button to enter **Settings**.
- To scroll to the **Meal Marker** symbols, press the ▲ or ▼ button.
- When the **Meal Marker** symbols are blinking, press the **OK** button.
- Press the ▲ or ▼ button until **On** is **blinking**, then press the **OK** button.

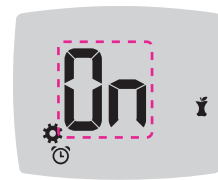


NOTE: With **Meal Markers** On, you can set **Before Meal** and **After Meal Target Ranges** (see the CONTOUR NEXT user guide). You can also set a **Reminder**.

Turn Reminder Feature On

When **Meal Markers** are On, you can set a **Reminder** to test your blood glucose after you mark a reading as **Before Meal**. If **Meal Markers** are Off, see *Turn Meal Markers On* in this guide.

- To highlight the **Settings** symbol from the **Home** screen, press the ▼ button.
- When the **Settings** symbol is blinking, press the **OK** button to enter **Settings**.
- To scroll to the **Reminder** symbol, press the ▲ or ▼ button.
- When the **Reminder** symbol is blinking, press the **OK** button.
- Press the ▲ or ▼ button until **On** is **blinking**, then press the **OK** button.



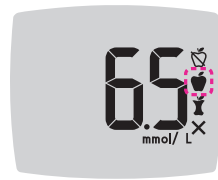
Select a Meal Marker During a Blood Glucose Test

Meal Marker Symbols

- Fasting
- After Meal
- Before Meal
- No Mark

NOTE: You must do a blood glucose test before you can select a **Meal Marker**. You cannot select a **Meal Marker** in **Settings**.

- Test your blood glucose. See *Fingertip Testing* in this guide.
- Do not remove the test strip until you select a **Meal Marker**.

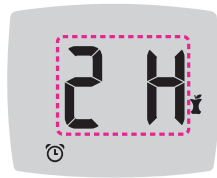


- If the blinking **Meal Marker** is the one you want, press the **OK** button. To select a different **Meal Marker**, press the ▲ or ▼ button.
- When the **Meal Marker** you want is **blinking**, press the **OK** button.

NOTE: If you do not select a **Meal Marker** within 3 minutes, the meter turns Off. Your blood glucose reading is stored in the **Logbook** without a **Meal Marker**.

Set a Reminder

- Make sure the **Reminder** feature is On in **Settings**.
- Mark a blood glucose reading as a **Before Meal** reading, then press the **OK** button.
- To scroll from 2 hours to 0.5 hours by half-hour intervals, press the ▲ or ▼ button.
- To set the **Reminder**, press the **OK** button.



The screen returns to the **Before Meal** reading. The **Reminder** symbol displays to confirm the Reminder is set.



LO Results

If the meter beeps twice and displays the **LO** screen, your blood glucose reading is under 0.6 mmol/L.



Follow medical advice immediately. Contact your health care professional.

HI Results

If the meter beeps once and displays the **HI** screen, your blood glucose reading is over 33.3 mmol/L.



- Wash and dry your hands well.
 - Retest with a new strip.
- If results are still over 33.3 mmol/L, **follow medical advice immediately.** Also, check your ketone levels. To turn the meter Off, remove the test strip.

Your Meter Display

Symbol	What It Means
	Your Logbook
	Meter Settings
	smartLIGHT target range indicator (Yellow=Above Target; Green=In Target; Red=Below Target)
	A Target Range or Target Range setting
	Blood glucose test result is above Target Range
	Blood glucose test result is in Target Range
	Blood glucose test result is below Target Range

Symbol	What It Means
	Fasting marker; used when testing after fasting (no food or drink for 8 hours, except water or non-caloric beverages)
	Before Meal marker; used when testing within 1 hour before a meal
	After Meal marker; used when testing within 2 hours after the first bite of a meal
	No Meal marker selected
	Reminder feature
	Sound feature

Symbol	What It Means
	Indicates the Bluetooth wireless setting is On; the meter can communicate with a mobile device
	Indicates a meter error
	Batteries are low and need to be changed
	7-, 14-, 30-, and 90-day averages
	Total number of blood glucose readings used to calculate averages
	Control solution test result
	Add more blood to same test strip

The CONTOUR®DIABETES app allows you to transfer results from your meter to your compatible smartphone or tablet. See the meter user guide for instructions and features.