

Step by Step Guide

How to get started with the CoaguChek[®] XS

Follow these steps to get started using the meter:

1. Watch the CoaguChek XS System Training DVD. It will help you get comfortable with the CoaguChek XS meter and the testing procedure.
2. Read the Accu -Chek[®] Softclix lancet device package insert.
3. With this CoaguChek XS System Getting Started guide by the meter, follow the steps to perform your first test.

Then, as necessary, refer to the User Manual or

Quick Reference Guide:

The CoaguChek XS System User Manual for Patient Self-Testing is a comprehensive guide to the meter and test strips. It is designed to provide answers to your questions about the meter's operation and use. The User Manual (version 3) accompanies every XS meter purchase. Also, see the test strip package insert for more information.

Installing Batteries & Setup



1. Open Compartment

Open the battery compartment on the back of the meter.



2. Insert Batteries

Insert 4 AAA batteries according to the diagram inside the battery compartment.

Right after you insert the batteries, set the date and time.

The date and time settings are important. Each time you run a test, the meter compares its date with the test strip's expiration date. If the test strip is expired, the meter displays an error message and prevents you from running a test.

Whenever you put batteries in the meter, it automatically goes to Setup mode (where you set the date and time). You can also go to Setup mode at any time by pressing the SET button (≡).

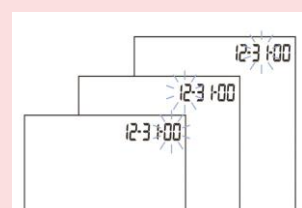
Setting Date & Time



1. Start Setup

To set the date and time, use these buttons: **M** to change a setting and **≡** (SET) to accept a setting.

If the meter is not already in Setup mode, press **≡**. The date format flashes in the upper right corner.

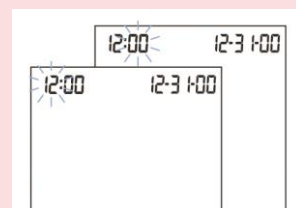


2. Set Date

Press **≡**. The year flashes.

M to change the year then **≡** to change the month then **≡**.

M to change the day then **≡**. The time format flashes in the upper left corner.



3. Set Time

Press **≡**. The hour flashes.

M to change the hour then **≡** to change the minutes then **≡**.

Power the meter off **⏻**.



4. Check Display

Press and hold the ON-OFF button **⏻**.

Make sure all the letters, numbers, and symbols on the display appear correctly. Review The Meter's Display section in the User Manual to review the full display. Release **⏻**.

Power the meter off **⏻**.

Preparing for a Test



1. Gather Items

- CoaguChek XS meter
- Container of test strips
- Test strip code chip
- CoaguChek XS Softclix lancet device and yellow lancet



2. Match Code

The code number on the test strip container and the code chip must match.

Each box of test strips comes with a matching code chip. Every time you open a new box of test strips, you must replace the code chip.



3. Insert Code Chip

Make sure the meter is off.

With the code number facing up, insert the code chip into the code chip slot until it snaps into place.



4. Prepare Lancet Device

Pull the cap off the lancet device. Insert a new yellow lancet. Twist off the lancet's protective cap. Put the cap back on the lancet device. Line up the notches for the cap to fit.

Freephone care line 0808 100 7666 (ROI 1 800 992 868) or visit shop.coagucheck.com

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Step by Step Guide

How to complete the test with the CoaguChek[®] XS

Please review these tips for getting a good drop of blood.



Increasing the blood flow in your finger will help you get a good drop of blood:

- Warm your hand. Hold it under your arm, use a hand warmer, and/or wash with warm water.
- Let your arm hang by your side.
- Massage your finger from its base.

Use these techniques until your fingertip has good colour.



1. Wash Hands

Wash your hands in warm, soapy water. Make sure your fingertip is thoroughly dry.



2. Get Ready

Take a test strip out of the container. Close the container tightly. Note: You have 10 minutes to use a test strip once you remove it from the container.



3. Insert Test Strip

Slide the test strip into the test strip guide in the direction of the arrows until it stops. The meter powers on. The code number of the inserted code chip flashes on the display.



4. Match Code

Confirm that the number displayed matches the number on the test strip container, then press . If the numbers are different, first make sure that the correct code chip is inserted. If the numbers still don't match, call the Roche careline on 0808 100 7666 (ROI 1 800 992 868) and select the technical support option. An hourglass appears as the meter warms up. When the meter is warmed up, a flashing test strip and blood drop appear and the meter begins a countdown.



5. Collect Sample

Set the penetration depth to required level. Press the plunger. A yellow dot appears in the release button. Massage your finger until you see increased colour in your fingertip. Keeping your hand lower than chest height, press the tip of the lancet device firmly against the side of your fingertip. Press the release button.



6. Get a Good Blood Drop

Gently squeeze from the base of the finger to develop a hanging drop of blood. After lancing your fingertip, you have 15 seconds to apply the blood to the side of the test strip.

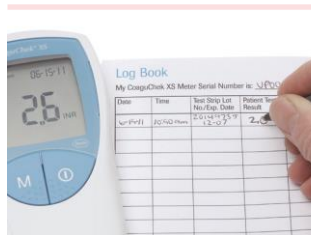


7. Apply Sample Until Meter Beeps

Find the target area on the test strip. Apply blood to the test strip from the side.

It's important to hold the blood drop to the test strip until you hear a beep.

The hourglass appears when the blood test begins. Then, pull your finger away from the test strip. Remember to apply only one drop of blood—don't add more. Do not touch or remove the test strip when a test is in progress. The result appears in about 1 minute.



8. Record Result

Record your result. The meter can store up to 100 results.

Call your doctor and/or the service provider that provides your test strips and the handling of your test results.

Note: If during testing the meter displays an error message, refer to the Error Messages section of the User Manual for what to do next.



9. Clean Up

Remove the lancet from the lancet device. Place the used test strip and lancet in a punctureproof container with a lid.

Press . The meter powers off. If the meter is dirty, wipe it clean with a lint-free tissue and an approved cleaning solution. Note: See Cleaning the Meter in the User Manual for more information.

Step by Step Guide based on User Manual Version 3

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