

# GlucoTel® Lancing System

**Important: Please read these instructions and your GlucoTel User Manual before using the lancing device. If you need assistance call our Customer Support.**

## Call International Toll-Free BodyTel Customer Support

**+800-0-BodyTel**

**+800-0-2639835**

(e.g. US customers call toll-free: 011-800-0-BodyTel )

## Intended Use

GlucoTel® Lancing Device is a reusable lancing device for the single user (diabetic patient). It automatically injects a disposable lancet - inserted before use into the lancing device - into and retracts it from the fingertip or alternate sites to obtain a capillary blood sample for glucose monitoring or other tests that require blood. An adjustable tip allows the best depth of skin penetration for each individual user.

## Cautions

- The GlucoTel Lancing Device is intended for the single user only. To avoid exposure to contaminants, do not use the GlucoTel Lancing Device on multiple users.
- For safety and to prevent cross-contamination, always discard used disposable lancets in an appropriate sharps or biohazard container.
- The GlucoTel Lancing Device contains small parts and could be a choking hazard for children.

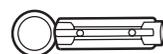
## Instructions for use

Clean your hands with soap and warm water; dry them thoroughly. Warming your hands will help in obtaining a blood sample. Follow the steps below. Each step corresponds to the numbered illustrations.

1. Unscrew and remove the adjustable tip.
2. Insert a new disposable lancet firmly into the carrier.
3. Twist off and set aside the protective cover of the disposable lancet. You will need the cover again.
4. Replace the adjustable tip on the lancing device. Choose a depth of penetration by rotating the top portion of the adjustable tip until the setting number matches the arrow. Settings are based on skin type: 1-2 for soft or thin skin; 3 for average skin; 4-5 for thick or calloused skin. For finer adjustments, place the arrow between any 2 numbers.
5. Hold the adjustable tip in one hand and pull on the sleeve with the other hand. The device will be cocked when a click is felt as the ends are pulled apart.
6. Release the sleeve. It will automatically move back to its original position near the hub.
7. Place the GlucoTel Lancing Device against the pad of the finger. The best puncture sites are on the sides on the middle or ring fingers. Press the trigger button to activate the device.
8. Remove the device from the finger. Massage your finger gently until you get a rounded drop of blood and apply the blood drop to the test strip. Please refer to the Quick Start Guide or User Manual for correctly performing a blood glucose measurement.
9. Unscrew and remove the adjustable tip. Without touching the used disposable lancet, place the protective cover back onto the needle of the lancet. Grip the carrier firmly and pull the lancet safely out.
10. Discard the used disposable lancet into an appropriate sharps or biohazard container.

### Packaging Symbols

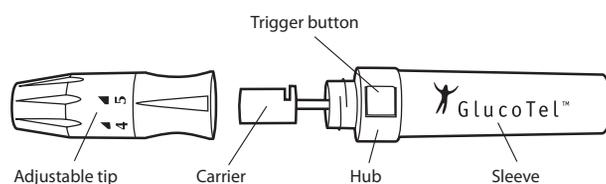
	Manufacturer
	Catalog Number
	Sterile by Irradiation (lancet only)
	Do not reuse (lancet only)
	Caution – read instructions for use
	BodyTel Lancing Device and AST Tip meet 93/42/EEC
	Palco Lancet meets 93/42/EEC



Disposable lancet



STERILE



## Cleaning

Use a clean damp cloth to wipe the outside of the GlucoTel Lancing Device. To avoid rusting the internal spring, do not submerge the device in water or wash the device in the dishwasher. The adjustable tip can be submerged in water after removing it from the device.

## Alternate Site Testing

BodyTel offers a replacement tip for use in alternate site testing (AST). The AST tip is a clear, non-adjustable tip that is designed to replace the adjustable tip that comes with the GlucoTel lancing device. The clear plastic is to view the blood sample from alternative sites. The cap is reusable and washable.

### What is AST (Alternative Site Testing)?

- Alternative site testing (AST) is a method to check blood glucose levels in areas other than the fingertip. This method allows people to also test on the palm, the forearm and upper arm.
- Patients who seek to use the GlucoTel Lancing Device on alternative sites (other than fingertips) for testing blood glucose levels, may use this clear tip to get blood samples from the palm, forearm or upper arm. See the GlucoTel Users Manual for more information on alternative testing locations.
- Important: There are limitations for performing alternate site testing. Please consult your healthcare professional before you use alternate site testing as a replacement for fingertip testing.

### When to use AST?

- Food, medication, illness, stress and exercise can affect blood glucose levels. Capillary blood from the fingertip reflects these changes faster than capillary blood from other sites. Therefore when testing blood glucose during or immediately after a meal, physical exercise, or any other event, take the blood sample from the fingertip only.
- It is strongly recommended that people do alternate site testing ONLY in the following intervals:
  - In a pre-meal or fasting state (more than 2 hours since the last meal).
  - Two hours or more after taking insulin.
  - Two hours or more after exercise.

### Do NOT use AST if:

- You think your blood glucose is low.
- If you are aware of being hypoglycemic.
- Your AST results do not match the way you feel.
- You are testing for hyperglycemia.
- Your routine glucose results are often fluctuating.
- If you are pregnant.

## Availability

GlucoTel Lancing Device, AST tips and Palco Lancets are available from authorized distributors and via the BodyTel web shop at [www.bodytel.com](http://www.bodytel.com).

**GlucoTel**  
Lancing System



BGTwhateveritis  
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### Lancing Device and AST Tip

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### Lancet only

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