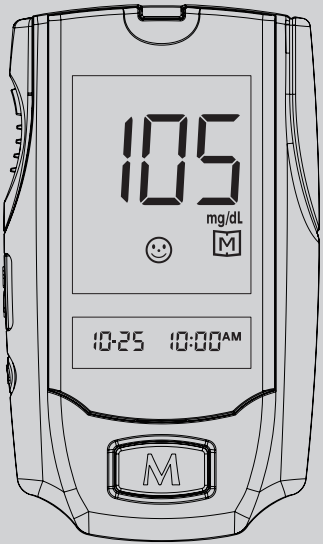
FORA®

G20

Blood Glucose Monitoring System



Owner's Manual

Dear FORA G20 System Owner:

Thank you for purchasing the **FORA G20** Blood Glucose Monitoring System. This manual provides important information to help you to use the system properly. Before using this product, please read this manual thoroughly and carefully.

Regular monitoring of your blood glucose levels can help you and your doctor gain better control of your diabetes. Due to its compact size and easy operation, you can use the **FORA G20** Blood Glucose Monitoring System to easily monitor your blood glucose levels by yourself anywhere, any time.

If you have other questions about this product, please contact the place of purchase or call the Customer Care Line.

Version 3.0 2014/11 311-4251100-030

IMPORTANT SAFETY PRECAUTIONS
READ BEFORE USE

1. Use this device ONLY for the intended use described in this manual.

2. Do NOT use accessories which are not specified by the manufacturer.

3. Do NOT use the device if it is not working properly or if it is damaged.

4. Do NOT use the equipment in places where aerosol sprays are being used, or where oxygen is being administered.

5. Do NOT under any circumstances use the device on newborn babies, infants, or people who cannot communicate.

6. This device does NOT serve as a cure for any symptoms or diseases. The data measured are for reference only. Always consult your doctor to have the results interpreted.

7. Before using this device to test blood glucose, read all the instructions thoroughly and practice the test. Carry out all the quality control checks as directed.

8. Keep the device and testing equipment away from young children. Small items such as the battery cover, batteries, test strips, lancets and vial caps are choking hazards.

KEEP THESE INSTRUCTIONS IN A SAFE PLACE

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BEFORE YOU BEGIN

Important Information

- Severe dehydration and excessive water loss may cause readings which are lower than actual values. If you believe you are suffering from severe dehydration, consult a healthcare professional immediately.

- If your blood glucose results are lower or higher than usual, and you do not have any symptoms of illness, first repeat the test. If you have symptoms or continue to get results which are higher or lower than usual, follow the treatment advice of your healthcare professional.

- Use only fresh whole blood samples to test your blood glucose. Using other substances will cause incorrect results.

- If you are experiencing symptoms that are inconsistent with your blood glucose test results and you have followed all the instructions given in this owner's manual, contact your healthcare professional.

Inaccurate results may occur in severely hypotensive individuals or patients who are in shock. Readings which are lower than actual values may occur for individuals in a hyperglycaemic hyperosmolar state, with or without ketosis. Please consult a healthcare professional before use.

Intended Use

This system is intended for use outside the body (in vitro diagnostic use), by people with diabetes at home and by healthcare professionals in clinical settings, as an aid to monitor the effectiveness of diabetes control. It is intended to be used for the quantitative measurement of glucose (sugar) in fresh whole blood samples (from the finger, palm, forearm, upper arm, calf or thigh).

It should not be used for the diagnosis of diabetes, or for testing new-born babies.

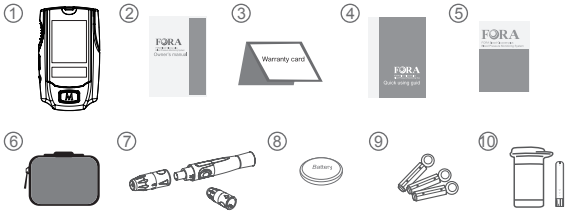
Test Principle

Your system measures the amount of sugar (glucose) in whole blood. The glucose testing is based on measurement of the electrical current generated by the reaction of glucose with the reagent in the strip. Your meter measures this current, calculates the blood glucose level, and displays the result. The strength of the current produced by the reaction depends on the amount of glucose in the blood sample.

Contents of the System

Your new FORA G20 Blood Glucose Monitoring System kit includes:

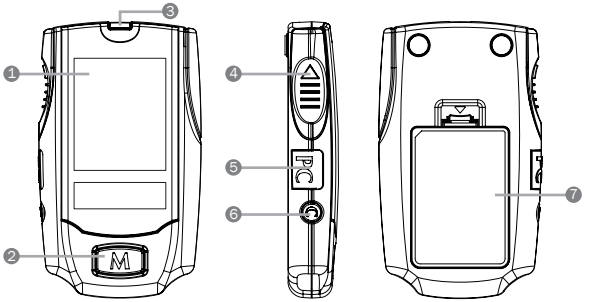
1. One Meter
2. Owner's Manual
3. Warranty Card
4. Quick Start User Guide
5. Daily Log Book
6. Protective Wallet
7. One Lancing Device with One Clear Cap
8. Batteries
9. Sterile Lancets
10. Test Strips



NOTE

All items can be purchased separately and some accessories may not be included in the kit. If you wish to purchase any accessories, please contact our local customer service.

Meter Overview



1. DISPLAY SCREEN

Guides you through the test using symbols and simple messages.

2. M BUTTON

Used to access the meter memory and silence reminder alarms.

3. TEST SLOT

Where you insert the test strip. The meter will turn on automatically after insertion.

4. TEST STRIP EJECTOR

Where the used strip will be ejected after you push up the button.

5. DATA PORT

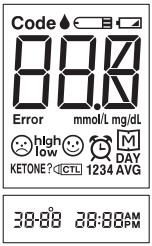
Located on the side, used for cable connection.

6. C BUTTON

Calibrates the meter and marks a control solution test.

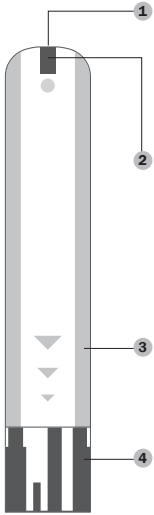
7. BATTERY COMPARTMENT

Screen Display



	BLOOD DROP SYMBOL Flashes when it is ready to apply the sample.
	TEST STRIP SYMBOL Appears when the meter is turned on.
	LOW BATTERY SYMBOL Appears when the battery power is low.
	TEST RESULT
mg/dL	**MEASUREMENT UNIT**
M	**MEMORY SYMBOL** Appears when you review the memory.
DAY AVG	**DAY AVERAGE** Indicates that the displayed test result is an average.
1234	**ALARM FUNCTION INDICATOR** Appears when alarms are set. Four alarms can be set in this meter.
KETONE?	**KETONE WARNING** Appears when the test result is equal or higher than 240 mg/dL (13.3 mmol/L)
CTL	**CTL SYMBOL** Appears when doing a control test and indicates that the result won't be stored in the memory.
	DATE **TIME**
high low	**FACE SYMBOL LOW/HIGH** Both are result indicators. They appear together with the test result which exceeds the reference range.

Test Strip



1 Absorbent Hole

Apply a drop of blood here.
The blood will be automatically absorbed.

2 Confirmation Window

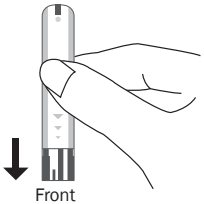
This is where you confirm if enough blood has been applied to the absorbent hole in the strip.

3 Test Strip Handle

Hold this part to insert the test strip into the slot.

4 Contact Bars

Insert this end of the test strip into the meter. Push it in firmly until it will go no further.



ATTENTION:

The front side of test strip with FORA Logo should face up when inserting test strip.
Test results might be wrong if the contact bar is not **fully** inserted into the test slot.

NOTE

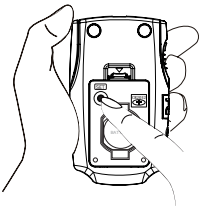
FORA G20 Blood Glucose Monitoring System should only be used with FORA G20 Test Strips. Using other test strips with this meter can give inaccurate results.

Setting the Meter

Before using your meter for the first time, or after changing the meter battery, you should check and update these settings. Make sure you complete the steps below to save your desired settings.

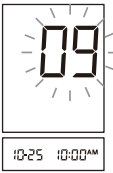
To Access the Setting Mode

Start with the meter off (no test strip inserted). Press and firmly hold S for three seconds until the meter turns on.

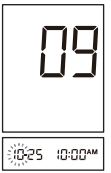


STEP 1. Setting the Date

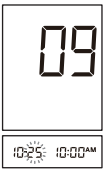
With the year flashing, press M until the correct year appears. Press S to set.



With the month flashing, press M until the correct month appears. Press S to set.

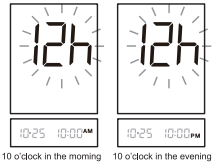


With the day flashing, press M until the correct day appears. Press S to set.



STEP 2. Setting the Time Format

Press and release M to select the desired time format – 12 hour clock or 24 hour clock. Press S to set.



10 o'clock in the morning 10 o'clock in the evening

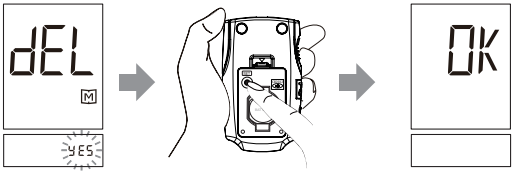
STEP 3. Setting the Time

With the hour flashing, press M until the correct hour appears. Press S to set.

With the minute flashing, press M until the correct minute appears. Press S to set.

STEP 4. Delete the Memory

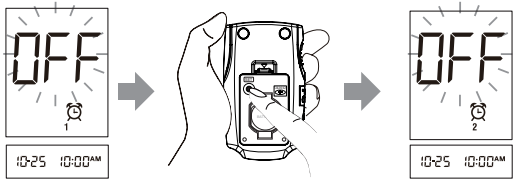
The icons "dEL", " M " and a flashing YES/NO are displayed on the screen. Press M to select "NO" to save the results in the memory then press S to skip. If you would like to delete **ALL** the results, press M to select YES and then press S to confirm. "OK" is displayed, which means that all results have been deleted.



STEP 5. Setting Reminder Alarms

You can set up reminder alarms . The meter will display “On” or “OFF” and “ ”, press M to turn the reminder alarms on or off.

Press M to select “On”, then press S to set the hour. When the hour is flashing, press M to add an hour. Press S to confirm and move on to minutes, press M to add one minute. Hold down M to add minutes more quickly. Press S to confirm and move on to set the next alarm.



If you do not want to set an alarm, press S to skip this step.
If you want to turn off an alarm, find the alarm number by pressing S in the setting mode, then press M to change from “ON’ to “OFF”.

Press S to turn off the meter.

When it is time for the alarm to go off, the meter will beep and automatically turn on. You can press M to silence the alarm and insert a test strip to begin testing. If you do not press M, the meter will beep for 2 minutes then turn itself off. If you do not want to test at this time, press M to turn off the meter.

Congratulations! You have completed all the settings!

NOTE

- These parameters can **ONLY be changed** in the setting mode.
- If the meter is idle for 3 minutes during the setting mode, it will turn off automatically.

CONTROL SOLUTION TESTING

FORA Control Solution contains a known amount of glucose that reacts with test strips and is used to ensure your meter and test strips are working together properly.

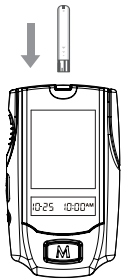
Do a control solution test:

- when you first receive the meter,
- at least once a week as a routine check of the meter and test strips,
- when you begin using a new vial of test strips,
- if you suspect that the meter or test strips are not working properly,
- if your blood glucose test results are not consistent with how you feel, or if you think the results are not accurate,
- when practicing the testing process, or
- if you drop or think you may have damaged the meter.

Performing a Control Solution Test

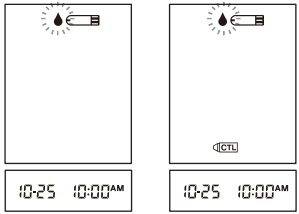
STEP 1. Insert the test strip to turn on the meter

Insert the test strip into the meter. Wait for the meter to display the strip symbol and a blood symbol .



STEP 2. Press C to mark this test as a control solution test

When "**CTL**" is shown on the display, the meter will not store your test result in the memory. If you press the C button again, the "**CTL**" icon will disappear and the test is no longer a control solution test.

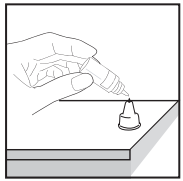


WARNING

When doing the control solution test, you must mark it as such, so that the test result will not be stored in the memory. Failure to do so will mix up the blood glucose test results with the control solution test results in the memory.

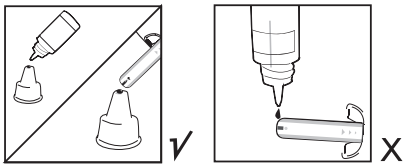
STEP 3. Apply the control solution

Shake the control solution vial thoroughly before use. Squeeze out a drop and wipe it off, then squeeze out another drop and place it on the tip of the vial cap.



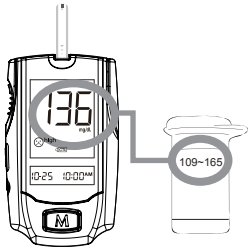
Hold the meter and move the absorbent hole of test strip so that it touches the drop. Once the confirmation window fills completely, the meter will begin counting down.

To avoid contaminating the control solution do not apply it directly onto a strip.



STEP 4. Read and compare the result

After the countdown has reached zero, the test result for the control solution will appear on the display. Compare this result with the range printed on the test strip vial. The result should fall within this range. If it does not, please read the instructions again and repeat the control solution test.



Out-of-range results

If you continue to have test results which fall outside the range printed on the test strip vial, the meter and strips may not be working properly. Do NOT test your blood. Contact the local customer service or place of purchase for help.

NOTE

- The control solution range printed on the test strip vial is for control solution use only. It is not a recommended range for your blood glucose level.
- See section **MAINTENANCE** for important information about your control solutions.

TESTING WITH BLOOD SAMPLE

NOTE

To reduce the chance of infection:

- Never share a lancet or the lancing device.
- Always use a new, sterile lancet. Lancets are for single use only.
- Avoid getting hand lotion, oils, dirt, or debris in or on the lancets and the lancing device.

Preparing the Lancing Device for Blood Testing

Please follow the instructions in the lancing device insert for collecting a blood sample.

Preparing the Puncture Site

Stimulating blood perfusion by rubbing the puncture site prior to blood extraction has a significant influence on the glucose value obtained. Blood from a site that has not been rubbed exhibits a measurably different glucose concentration than blood from the finger. When the puncture site was rubbed prior to blood extraction, this difference is significantly reduced.

Please follow these suggestions below before getting a drop of blood:

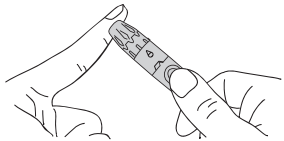
- Rub the puncture site for about twenty seconds before penetration.
- Use a clear cap (included in the kit) while setting the lancing device.

Wash and dry your hands before starting.

- Select the puncture site either on the fingertip or on other body parts (please see section “Alternative Site Testing” for how to select the appropriate sites).
- Clean the puncture site using cotton moistened with 70% alcohol and **let it air dry.**

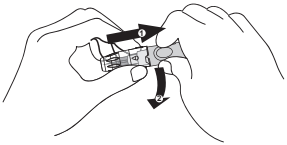
▶ Fingertip Testing

Hold the lancing device firmly against the side of your finger. Press the release button. You will hear a click, indicating that the puncture is complete.



▶ Blood from sites other than the fingertip

A clear cap, together with the kit, makes it easier to get a drop of blood for Alternative Site Testing (AST). When you want to obtain blood from sites other than the finger, **replace the lancing device cap with the clear cap.** Turn the clear cap until it is snug but not too tight, and then slide back the ejection/cocking control until it clicks.



NOTE

- Choose a different spot each time you test. Repeated punctures at the same spot may cause soreness and calluses.
- Please consult your healthcare professional before you begin AST.
- It is recommended that you discard the first drop of blood as it may contain tissue fluid, which may affect the test result.

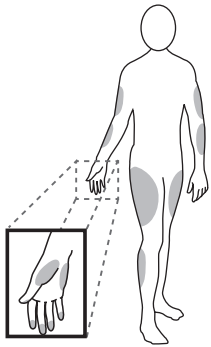
Alternative Site Testing

Important:

There are limitations for carrying out AST (Alternative Site Testing). Please consult your healthcare professional before you begin AST.

What is AST?

Alternative site testing (AST) means that people use parts of the body other than the fingertips to check their blood glucose levels. This system allows you to test on the palm, forearm, upper arm, calf or thigh with the equivalent results to fingertip testing.



What is the advantage?

Your fingertips feel pain more readily because they are full of nerve endings (receptors). At other body sites, where nerve endings are not so close together, you will not feel as much pain as at the fingertips.

When to use AST?

Food, medication, illness, stress and exercise can affect blood glucose levels. Capillary blood at the fingertips reflects these changes faster than capillary blood at other sites. Thus, when testing blood glucose during or immediately after a meal, physical exercise, or any other event, **take blood sample from your finger only.**

We strongly recommend you use AST **ONLY** at the following times:

- 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.
- You may not notice if you are hypoglycaemic,
- You are testing for hyperglycaemia,
- Your AST results do not match the way you are feeling,
- Your routine glucose results often fluctuate.

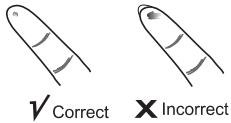
Performing a Blood Glucose Test

STEP 1. Insert the test strip to turn on the meter

Wait for the meter to display the strip symbol and a blood symbol .

STEP 2. Obtain a blood sample

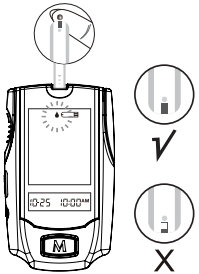
Use the previously set-up lancing device to puncture your desired site. After penetration, discard the first drop of blood by wiping it away with a clean cotton swab. Gently squeeze the punctured area to obtain another drop of blood. Be careful NOT to smear the blood sample.



The volume of blood sample must be at least 0.7 microlitres (μL) in volume. (• actual size).

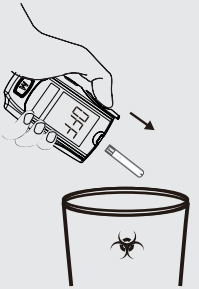
STEP 3. Apply the sample

Hold the drop of blood so it touches the absorbent hole of the test strip. Blood will be drawn in and once the confirmation window is completely filled the meter will begin counting down.



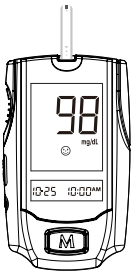
NOTE

- Do not press your punctured site against the test strip or try to smear the blood.
- If you do not apply a blood sample to the test strip within three minutes, the meter will automatically turn off. You must remove and reinsert the test strip to start a new test.
- The confirmation window should be filled with blood before the meter begins to count down. **NEVER** try to add more blood to the test strip after you have moved your drop of blood away. **Discard the used test strip and retest with a new one.**
- If you have trouble filling the confirmation window, please contact your healthcare professional or the local customer service for assistance.



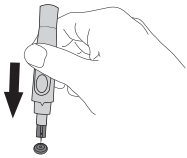
STEP 4. Read your result

The result of your blood glucose test will appear after the meter countdown reaches zero. This blood glucose result will automatically be stored in the memory.



STEP 5. Eject the used test strip and remove the lancet

To eject the test strip, point the strip towards a sharps disposal container and eject. The meter will turn itself off automatically after the test strip is ejected.



Always exercise caution when removing the lancet. Take the lancet out carefully by hand. Place the protective disk on a hard surface and push the exposed tip into the disk.

WARNING!

The used lancet and test strip may potentially be a biohazard. Please discard them carefully in accordance with local regulations.

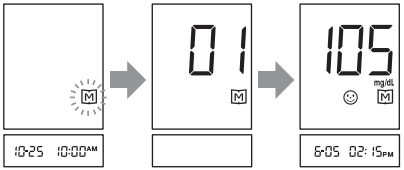
METER MEMORY

Your meter stores the 450 most recent blood glucose test results along with their respective times and dates in the meter memory. To access the meter memory, **start with the meter turned off.**

Reviewing test results

STEP 1. Press and release M.

M will appear on the display. Press the M button again, and the first reading you will see is the last blood glucose result, along with its time and date.

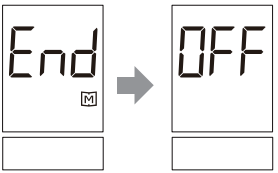


STEP 2.

Press M to review the test results stored in the meter, moving through them one at a time with each press.

STEP 3. Exit the meter memory.

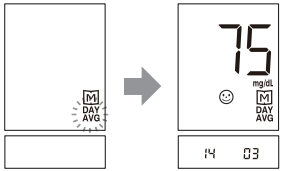
Hold down M and the meter will turn off.



Reviewing blood glucose average results

STEP 1. Press and release M.

When M appears on the display, hold down M for 3 seconds until the blinking " DAY AVG " appears. Release M and then your 7-day average result will appear on the display.

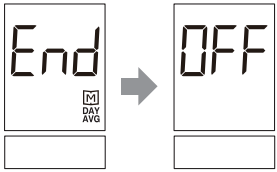


STEP 2.

Press M to review your 14-, 21-, 28-, 60- and 90- day averages.

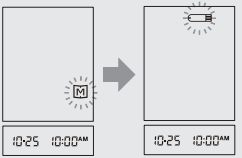
STEP 3. Exit the meter memory.

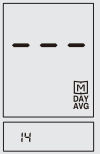
Hold down M and the meter will turn off.



NOTE

- Whenever you want to exit the memory, hold down M for 5 seconds or leave the meter inactive for 3 minutes. The meter will turn itself off automatically.
- Control solution results are **NOT** included in the average results displayed.
- If using the meter for the first time, “---” will be shown on the display when you try to recall the test results or review the average results. It indicates that there are no test results in the memory.





UPLOADING RESULTS ONTO A COMPUTER

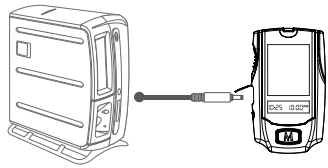
You can use your meter with an interface / RS-232 cable and the Health Care Software System to view your test results on your personal computer. To learn more about the Health Care Software System or to obtain an interface cable separately, please contact local customer services or the place of purchase for assistance.

STEP 1. Obtain the required cable and install the software

To download the Health Care Software System, please visit the ForaCare Suisse AG website at http://www.foracare.ch.

STEP 2. Connect to a personal computer

Connect the cable to an USB port on your computer. With the meter turned off, connect the other end of the interface cable to the meter data port. "PC" will appear on the meter display, indicating that the meter is in communication mode.



STEP 3. Data transmission

Follow the instructions provided in the software to transmit data. Your results with their times and dates will be transmitted. Remove the cable and the meter will automatically turn off.

WARNING

While the meter is connected to the PC, it is unable to perform a blood glucose test.

MAINTENANCE

Battery

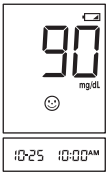
Your meter comes with a 3V CR2032 lithium battery.

▶ Low Battery Signal

The meter will display one of the two messages below to alert you when the meter power is getting low.

STEP 1.

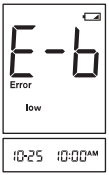
The symbol appears alongside the display messages: The meter is functional and the result remains accurate, but it is time to change the battery.



STEP 2.

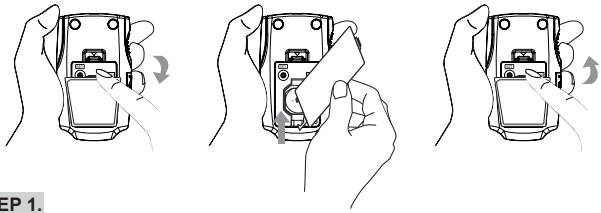
The symbol appears with E-b, Error and low:

The power is not enough to do a test. You must change the battery immediately.



▶ Replacing the Battery

To replace the battery, make sure that the meter is turned off.



STEP 1.

Press the edge of the battery cover and lift it up to remove it.

STEP 2.

Remove the old battery and replace with a new 3V CR2032 lithium battery.

STEP 3.

Close the battery cover. If the battery is inserted correctly, you will hear a "beep" afterwards.

NOTE

- Replacing the battery does not affect the test results stored in the memory.
- As with all small batteries, these batteries should be kept away from small children. If swallowed, promptly seek medical assistance.
- Batteries may leak chemicals if left unused for a long time. Remove the battery if you are not going to use the device for an extended period (i.e. three months or more).
- Properly dispose of batteries in accordance with your local environmental regulations.

Caring for Your Meter

To avoid getting dirt, dust or other contaminants on the meter or test strips, please wash and dry your hands thoroughly before use.

▶ Cleaning

1. To clean the meter on the outside, wipe it with a cloth moistened with tap water or a mild cleaning agent, then dry the device with a soft dry cloth. Do NOT rinse with water.
2. Do NOT use organic solvents to clean the meter.

▶ Meter Storage

- Storage conditions: -20°C~60°C (-4°F~140°F), below 95% relative humidity.
- Always store and transport the meter in its original storage case.
- Avoid falls and strong impacts.
- Avoid direct sunlight and high humidity.

Caring for Your Test Strips

- Storage conditions: 4°C~40°C (39.2°F~104°F), below 85% relative humidity. Do not freeze.
- Store your test strips in their original vial only. Do not transfer to other containers.
- Store the test strip packages in a cool and dry place. Keep away from direct sunlight and heat.
- After removing a test strip from the vial, immediately close the vial cap tightly.
- Only touch the test strip with clean and dry hands.
- Use each test strip immediately after removing it from the vial.
- Write the date on strip vial label when you first open it. Discard any remaining test strips after 6 months.
- Do not use test strips after the expiry date. This may cause inaccurate results.
- Do not bend, cut or alter a test strip in any way.
- Keep the strip vial away from children since the cap or test strips may be a choking hazard. If swallowed, promptly consult a doctor.

For further information, please refer to the test strip packaging insert.

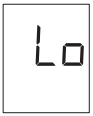
Important Control Solution Information

- Use only **FORA** control solutions with your meter.
- Do not use the control solution after the expiry date or more than three months after the first time it is opened. Write the date on the control solution vial when you open it and discard the remaining solution after three months.
- It is recommended that the control solution test should be done at room temperature (20°C-25°C/68°F-77°F). Make sure your control solution, meter and test strips are within this specified temperature range before testing.
- Shake the vial before use, discard the first drop of control solution, and wipe the dispenser tip clean to ensure a pure sample and an accurate result.
- Store the control solution with the vial tightly closed at temperatures between 2°C and 30°C (36°F and 86°F). Do NOT freeze.

SYSTEM TROUBLESHOOTING

If you follow the recommended actions but the problem persists, or error messages other than the ones below appear, please call your local customer service. Do not attempt to repair the meter by yourself and do not try to disassemble the meter under any circumstances.

Result Readings

MESSAGE	WHAT IT MEANS
	Appears when your result is below the lower measurement limit, which is 20 mg/dL (1.1 mmol/L).
	Appears when your result is between 20 and 69 mg/dL (1.1 and 3.8 mmol/L). It indicates that the result is below reference range.
These symbols indicate hypoglycaemia (low blood glucose) You should seek medical assistance immediately.	
	Appears when your result is in the reference range, from 70 to 119 mg/dL (3.9 to 6.6 mmol/L).
	Appears when your result is equal to or greater than 120 mg/dL (6.6 mmol/L). It indicates the result is higher than reference range.
	Appears when your result is equal to or higher than 240 mg/dL (13.3 mmol/L). This indicates the possibility of ketone accumulation for type 1 diabetes. Please seek medical assistance immediately.
	Appears when your result is higher than the limit of measurement, which is 600 mg/dL (33.3mmol/L).

Error Messages

MESSAGE	WHAT IT MEANS	Action
	Appear when the battery can not provide enough power for a test.	Replace the battery immediately.
	Appear when inserting a used test strip.	Test with a new test strip.
	Appears when the ambient temperature is below the system operation range:10°C	System operation range is 10°C to 40°C (50°F to 104°F). Repeat the test after the meter and test strip have reached the above temperature.
	Appear when the ambient temperature is above the system operation range:40°C	
	Remove the strip after applying blood to the absorbent hole.	Re-test with a new test strip.
	Problem with the meter.	Review the instructions and re-test with a new test strip. If the above steps do not work, please contact the supplier.

Troubleshooting

1. If the meter does not display a message after a test strip has been inserted:

PROBABLE CAUSE	WHAT TO DO
Battery exhausted.	Replace the battery.
Test strip inserted upside down or not fully inserted.	Insert the test strip the contact bar end first, facing up.
Defective meter or test strips.	Please contact customer services.

2. If the test does not start after applying the sample:

PROBABLE CAUSE	WHAT TO DO
Insufficient blood sample.	Repeat the test using a new test strip with larger volume of blood sample.
Defective test strip.	Repeat the test with a new test strip.
Sample applied after automatic shutoff (two minutes after last user action).	Repeat the test with a new test strip. Apply sample only when flashing " 🩸 " appears on the display.
Defective meter.	Please contact customer services.

3. If the control solution testing result is out of range.

PROBABLE CAUSE	WHAT TO DO
Error in performing the test.	Read instructions thoroughly and repeat the test again.
Control solution vial was poorly shaken.	Shake the control solution vigorously and repeat the test again.
Expired or contaminated control solution.	Check the expiration date of the control solution.
Control solution that is too warm or too cold.	The control solution, meter, and test strips should be at room temperature (20°C-25°C/68°F-77°F) before testing.
Defective test strip.	Repeat the test with a new test strip.
Meter malfunction.	Please contact customer services.

DETAILED INFORMATION

Reference Values

Blood glucose monitoring plays an important role in diabetes control. A long-term study showed that keeping blood glucose levels close to normal can reduce the risk of diabetes complications by up to 60%*1. The results provided by this system can help you and your healthcare professional monitor and adjust your treatment plan to gain better control of your diabetes.

Time of day	Normal plasma glucose range for people **without** diabetes (mg/dL)
Fasting and before meals	Less than 100 mg/dL (5.6 mmol/L)
Two hours after a meal	Less than 140 mg/dL (7.8 mmol/L)

Source: American Diabetes Association (2010). Clinical Practice Recommendations. Diabetes Care, 35 (Supplement 1): S1-100.

Time of day	Plasma glucose range (mg/dL) for people **with** diabetes	Your target range (mg/dL)
Fasting and before meals	70-130 mg/dL (3.9-7.2 mmol/L)	
Two hours after a meal	Less than 180 mg/dL (10 mmol/L)	

Source: American Diabetes Association (2008). Standards of Medical Care in Diabetes. Diabetes Care, 31 (Supplement 1): S12–S54.

Please work with your doctor to determine a target range that works best for you.

*1: American Diabetes Association position statement on the Diabetes Control and Complications Trial (1993).

Comparing Meter and Laboratory Results

The meter provides you with whole blood equivalent results. The result you obtain from your meter may differ somewhat from your laboratory results due to normal variation. Meter results can be affected by factors and conditions that do not affect laboratory results in the same way. To make an accurate comparison between meter and laboratory results, follow the guidelines below.

Before going to the lab:

- Perform a control solution test to make sure that the meter is working properly.
- Fast for at least eight hours before doing comparison tests, if possible.
- Take your meter with you to the lab.

While at the lab:

Make sure that the samples for both tests are taken and tested within fifteen minutes of each other.

- Wash your hands before obtaining a blood sample.
- Never use your meter with blood that has been collected in a grey-top test tube.
- Use fresh capillary blood only.

You may still have variations in the results because blood glucose levels can change significantly over short periods of time, especially if you have recently eaten, exercised, taken medication, or experienced stress*[2]. In addition, if you have eaten recently, the blood glucose level from a finger prick can be up to 70 mg/dL (3.9 mmol/L) higher than blood drawn from a vein (venous sample) which is used for a lab test*[3]. Therefore, it is best to fast for eight hours before doing comparison tests. Factors such as the amount of red blood cells in the blood (a high or low hematocrit) or the loss of body fluid (dehydration) may also cause a meter result to be different from a laboratory result.

References

*2: Surwit, R.S., and Feinglos, M.N.: Diabetes Forecast (1988), April, 49-51.

*3: Sacks, D.B.: “Carbohydrates. “ Burtis, C.A., and Ashwood, E.R.(ed.), Tietz Textbook of Clinical Chemistry. Philadelphia: W.B. Saunders Company (1994), 959.

SPECIFICATIONS

Model No.: FORA G20
Dimensions & Weight: 87mm(L) x 51mm(W) x 15mm(H), 42 g
Power Source: One CR2032 lithium battery
Display: LCD
Memory: 450 measurement results with respective time and date
External Output: RS232 PC interface
Auto electrode inserting detection
Auto sample loading detection
Auto reaction time countdown
Auto turn-off if idle for three minutes
Temperature warning
Operating Conditions: 10°C~40°C, below 85% R.H. (non-condensing)
Storage/Transportation Conditions: -20°C~60°C, below 95% R.H.
Measurement Units: mg/dL or mmol/L
Measurement Range: 20~600mg/dL (1.1~33.3mmol/L)

This device has been tested to meet the electrical and safety requirements of: IEC/EN 61010-1, IEC/EN 61010-2-101, EN 61326-1, EN 61326-2-2

SYMBOL INFORMATION

Symbol	Referent
	For in vitro diagnostic use only
	Do not reuse
	Read instructions before use
	Keep away from sunlight
	Keep dry
	Temperature limitation
	Use by/ Expiry date
	Use within 6 months after first opening
	Batch code
	Manufacturer
	Serial number
	Caution, consult accompanying documents
	CE mark
	Do not use if package is damaged
	Green Dot

MEMO

MEMO

G20

Blood Glucose Monitoring System

ForaCare Suisse AG
CH-9000 St. Gallen
www.foracare.ch

For self-testing

CE 0459 IVD