The Ascensia® Microlet® Lancing Device is used for obtaining capillary blood samples. It is simple to use, offers minimal discomfort, and is an important part in a program of self blood glucose monitoring. We recommend that you talk to your health care professional about a diabetes self monitoring program.

The adjustable endcap is used for fingertip testing. The clear endcap is used for Alternative Site Testing (AST) from the palm or forearm and only with the Ascensia® Contour® Blood Glucose Monitoring System. For testing on other alternative sites and/or with other Ascensia® Blood Glucose Monitoring Systems, use the Ascensia® Microlet® Vialscent® Lancing Device.

FINGERPRINT AND ALTERNATIVE SITE TESTING

The Ascensia® Contour® Blood Glucose Monitoring System offers both Fingerprint and Alternative Site testing to improve comfort and convenience. Areas of the body suitable for testing are the fingertips, palm or forearm. Do not use the clear endcap on the fingertips. Try the different areas to see which you prefer. Obtaining blood from areas other than the fingertip can be less painful, but there are times when fingertip testing is best.

With the used lancet still in the Ascensia® Lancing Device, remove the endcap and meter. Test within 20 seconds of puncture.

For Blood Sampling

1. Insert an Ascensia Microlet Lancing Device into an Ascensia® blood glucose meter.
2. Attach the adjustable endcap with the Ascensia® Microlet® Lancets and Ascensia® Microlet® Adjustable Endcap (5 settings).
3. Select the puncture site. The sides of the fingertip are preferred (see shaded areas); avoid veins, hair, moles, bone and tendons.
4. Select the puncture site. Five settings are available. Select shallow for softer-than-average skin, middle for average skin, and deep for harder-than-average or callused skin.
5. Perform the puncture. The active section is the needle which breaks through the skin to reach the blood-vessel, and then retracts. Do not squeeze around the puncture site.

ALTERNATIVE SITE TESTING (AST)

1. Insert an Ascensia Contour® or Microfill® blood glucose test strip into an Ascensia® Contour® blood glucose meter.
2. Attach the CLEAR AST endcap to the finger. (Do not use the clear endcap on another person.)
3. Select the puncture site. Choose an area on the palm or forearm (see shaded areas); avoid veins, hair, moles, bone and tendons.
4. Use the lancet to puncture the skin, and then press the blue release button.
5. Apply blood to the glucose test strip according to the instructions provided with your test strip and meter. Test within 20 seconds of puncture.
6. Do Not test the blood sample if:
   a. Smeared blood
   b. Runny blood
   c. Clear fluid mixed with the blood

HOW TO PREPARE YOUR ASCENSIA MICROLET LANCING DEVICE FOR TESTING

1. Prepare the puncture site. Wash your hands and puncture site with soap and warm water. Rinse and dry thoroughly. This ensures cleanliness and increases blood flow to the testing area.
2. Remove the endcap. Grip the Ascensia® Lancing Device as shown. Remove the endcap by gently snapping the endcap from top to bottom.
3. Load a Lancet. a. Rotate (do not remove) the protective cap on a lancet 1/4 turn. b. Firmly push the lancet straight into the lancet holder. After you hear or feel the click, continue pushing until the lancet comes to a complete stop.
   Twist off the protective cap and save it for disposal of the used lancet.

HOW TO PERFORM TEST

FINGERPRINT TESTING

1. Insert an Ascensia Contour® or Microfill® blood glucose test strip into an Ascensia® Contour® blood glucose meter.
2. Attach the adjustable endcap with the Ascensia® Microlet® Lancets and Ascensia® Microlet® Adjustable Endcap (5 settings).
3. Select the puncture site. The depth of the puncture depends on the setting of the adjustable endcap and the amount of pressure applied to the puncture site. You should determine which combination works best.
4. Select the puncture site. Five settings are available. Select shallow for softer-than-average skin, middle for average skin, and deep for harder-than-average or callused skin.
5. Perform the puncture. The active section is the needle which breaks through the skin to reach the blood-vessel, and then retracts. Do not squeeze around the puncture site.

ALTERNATIVE SITE TESTING (AST)

1. Insert an Ascensia Contour® or Microfill® blood glucose test strip into an Ascensia® Contour® blood glucose meter.
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4. Use the lancet to puncture the skin, and then press the blue release button.
5. Apply blood to the glucose test strip according to the instructions provided with your test strip and meter. Test within 20 seconds of puncture.
6. Do Not test the blood sample if:
   a. Smeared blood
   b. Runny blood
   c. Clear fluid mixed with the blood

HOW TO CLEAN YOUR ASCENSIA MICROLET LANCING DEVICE

Mix a solution of water and mild detergent or of one part water and one part bleach. Slightly moisten a lint-free tissue with the solution. Important: Do not use a very wet tissue. Excess moisture may affect the device. Remove the endcap. Clean the exteriors of the device and endcap. Wipe completely dry with a lint-free tissue before use. Replace the endcap.

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NOTE: If you need to re-cock the lancing device, grip, pull, and release as shown.

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