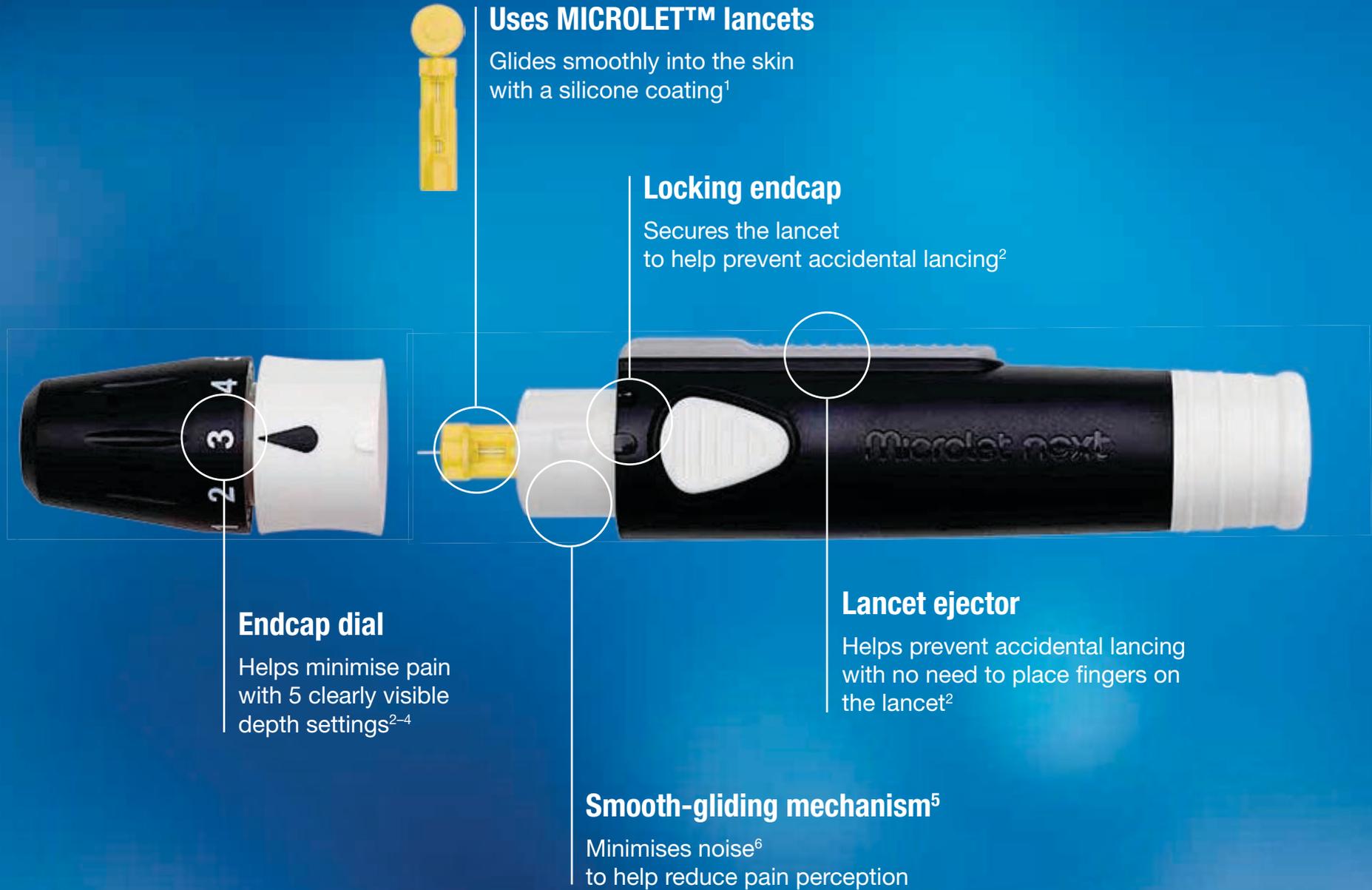


How to use guides

With lancing tips to
make MICROLET™NEXT
even easier to love

The simply improved MICROLET™ NEXT is easier to love



Uses MICROLET™ lancets

Glides smoothly into the skin with a silicone coating¹

Locking endcap

Secures the lancet to help prevent accidental lancing²

Endcap dial

Helps minimise pain with 5 clearly visible depth settings²⁻⁴

Lancet ejector

Helps prevent accidental lancing with no need to place fingers on the lancet²

Smooth-gliding mechanism⁵

Minimises noise⁶ to help reduce pain perception

1

Prepare

Twist and unlock the endcap as shown

Line up the white raised mark and black indented mark

Loosen the round protective cap on the lancet but do not remove it

Rotate 1/4 turn

Insert the lancet firmly into the lancing device

Push until the lancet comes to a complete stop

Carefully twist off the round protective cap

Save the cap for disposing of the used lancet

Re-attach the endcap

'Click' to lock

2

Lance

Rotate the endcap dial to adjust the puncture depth

1 for the shallowest and 5 for the deepest

Pull back the reset handle until the release button is raised

Press the lancing device firmly against the side of your finger and press the release button

You will hear a click when the lancet is released

3

Eject

Remove the endcap

Place the protective cap that you saved onto a flat surface. Push the lancet into the cap as shown

Push the grey lancet ejector forward until the lancet falls into the container, then slide ejector back

Don't forget to re-attach the endcap

Before use and for full information please see the **MICROLET™NEXT** packaging insert¹

See **MICROLET™NEXT** in action with our handy how to use video at www.xxx.com



Before

- **Wash your hands with soap** and warm water before testing⁴⁻⁶
- **Avoid using alcohol-based products** to clean your hands⁴
- **Gently massage your finger** from base to tip to get blood to the skin surface⁴
- **Use a new MICROLET™ lancet** for each test so that the needle is sharp and sterile⁴
- **Find the most comfortable depth** setting for you^{2,4}



During

- For comfort, **lance the side** of your finger rather than the fingertip^{1,4,6}
- Use a **different finger each time** you lance – avoid your index fingers and thumbs^{4,6}
- Apply the MICROLET™NEXT device **firmly to the puncture site** when lancing¹



After

- **Use the lancet ejector** to remove the lancet¹
- **Dispose of your MICROLET™ lancet in a sharps container** after use¹

Your MICROLET™NEXT lancing device is designed to help minimise pain and make testing simple.^{2,3} To get the best from your device, follow these simple tips.

Speak to your healthcare professional about alternative site testing with MICROLET™NEXT to help protect your sensitive fingertips¹

References

1. MICROLET™NEXT insert. 2. Heinemann L *et al.* *J Diabetes Sci Technol* 2008;2:919–921. 3. Market Research, Ascensia Diabetes Care. Styx Comparative Study Final Report. September 2015. 4. Canadian Diabetes Association. Lessening the Pain from Fingertip Testing. Available at: <http://www.diabetes.ca/>. Accessed: April 2016. 5. Quality Improvement Organisation. Best Practices for Blood Glucose Monitoring. Available at: www.medlineuniversity.com/. Accessed: April 2016. 6. Nottingham University Hospitals. Adult Diabetes Package – Guideline. Available at: www.nottingham.ac.uk/mhs/. Accessed: April 2016.