

ACCU-CHEK® Softclix

LANCET DEVICE



Instructions for Use

The ACCU-CHEK Softclix lancet device uses ACCU-CHEK Softclix lancets to obtain a drop of blood from the fingertip. The penetration depth can be selected to match any type of skin.



This cap is for fingertip testing only



The clear cap is for testing on sites other than the fingertip. Do not use the clear cap for fingertip testing

Note: The ACCU-CHEK Softclix cap was not designed to be replaced after each use. The ACCU-CHEK Softclix lancet device is intended for use by a single person and is not suitable for use where testing different persons with the same device may lead to infections.

Selecting the Depth of Penetration

The ACCU-CHEK Softclix device penetration depth may be adjusted by using the Comfort Dial feature to enable you to get a sufficient drop of blood.

The ACCU-CHEK Softclix device offers 11 penetration depth options. The penetration depth is 0.8 mm at the first setting and increases by 0.15 mm with each setting. The settings are shown on the cap by the numbers 1 to 5

with additional levels marked with dots to enable you to precisely adjust to your individual skin type.

The number or dot, which appears in the center of the semi-circular cutout on the ejector, shows the depth of penetration selected.



Note: If you are using the ACCU-CHEK Softclix device for the first time, start by selecting 1 or 2 to see if the amount of blood obtained is enough to perform a test.

1 To select a desired depth, turn the Comfort Dial so that the center of the semi-circular cutout on the ejector points to the appropriate number or dot.

2 Select a new depth of penetration by turning the cap. The cap will snap into a new position, preventing any accidental change of the penetration depth.



- Select the first setting, 0.5, for the smallest depth of penetration, and the last setting, 5.5, for the greatest depth of penetration.
- Select 0.5 to 1.5 for softer-than-average skin, 2 to 3.5 for average skin, and 4 to 5.5 for harder-than-average or calloused skin.

Setting	Penetration Depth (mm)	Setting	Penetration Depth (mm)
0.5	0.80	3.5	1.70
1	0.95	4	1.85
1.5	1.10	4.5	2.00
2	1.25	5	2.15
2.5	1.40	5.5	2.30
3	1.55		

Performing a Fingertick

- 1** Pull off the cap of the lancet device. If there is already a lancet in the device, remove it by sliding the ejector forward. Refer to the section called *Removing the Lancet*.



- 2 Firmly insert a new ACCU-CHEK Softclix lancet in the lancet holder until it snaps into place.

- 3 Twist the protective cap on the lancet several times and pull gently to remove it.

- 4 Put the cap back onto the lancet device. The cap only fits when the notch on the cap is aligned with the center of the semi-circular cutout on the ejector.



- 5 Select the desired depth of penetration by turning the Comfort Dial so that the center of the semi-circular cutout on the ejector points to the appropriate number or dot. The higher the number, the greater the depth of penetration. Then, press the plunger on the end of the device all the way down, and you will hear a "click." When the device is ready, you will see a yellow dot appear and remain in the center of the clear release button.

- 6 Now, wash your hands in warm soapy water and warm the fingers to increase blood flow. If you are using alcohol wipes, make sure your finger is completely dry before continuing.

- 7 Grasp your finger near the area to be pricked and gently massage for three seconds.

- 8 Keeping your hand down, press the tip of the ACCU-CHEK Softclix device firmly against the side of your fingertip. Press the release button to stick your fingertip, then gently squeeze until you get a small sample of blood.



- 9 Apply the drop to the test strip you are using.

- 10 Immediately remove used lancet. To avoid accidental injury, do not store lancet in device.

Removing the Lancet

- 1 To remove the lancet, pull off the cap of the ACCU-CHEK Softclix device.

- 2 Slide the ejector forward. The lancet will release.



To avoid infection, use a new lancet each time you perform a fingerstick. Dispose of the lancet in a puncture-proof container with a lid, such as an empty coffee can.

Helpful Tip to Performing a Fingerstick

The best place to prick the fingertip is on the side because it has the best blood supply, yet allows for the least painful fingerstick. Any finger may be used for a fingerstick.

What Do I Need to Know About Forearm Testing?

Testing on sites other than the fingertip is referred to as alternative site testing (AST). Before performing an alternative site test, refer to your test strip insert or owner's booklet to determine if forearm testing is supported by your blood glucose monitoring system. It is important to note that there is a delay, or lag time, in the delivery of blood glucose to alternative sites when compared to fingertips. Therefore, there is a potential for a significant difference between fingertip and AST results. The length of delay, or lag time, is strongly impacted by lifestyle, foods eaten, or any other event having impact on blood glucose levels. We strongly recommend that people considering AST understand the following:

- AST is not recommended during periods of rapid decreases or increases in blood glucose levels.

- AST is not recommended for people with a history of recurrent hypoglycemia, who suspect that their blood glucose is extremely low, or who are unaware of hypoglycemic events.
- Studies show that AST results immediately before a meal and near bedtime are more similar to fingertip results.
- **Never** ignore symptoms that may be due to low or high blood glucose.

If the AST reading does not match how you feel, perform a fingertip test to confirm your results. If your blood glucose still does not reflect the way you feel, contact your doctor. Do not change your treatment decisions based only on a single result. For more information on AST please contact 1-800-858-8072. Please consult your physician if you are considering using sites other than fingers for obtaining a sample of blood for testing. Please refer to your test strip insert or owner's booklet to determine if your blood glucose monitoring system is appropriate for AST.

- ❶ Wash the alternative site with warm water.
- ❷ Make sure you are using the clear cap specially designed for alternative site testing with the ACCU-CHEK Softclix lancet device.
- ❸ Adjust the clear cap to the highest setting.
- ❹ Press and hold the lancet device against a fleshy area on the alternative site. Press the release button and continue to apply steady pressure to the site.

Don't be afraid to apply a lot of pressure to the area with the lancet device to get a good blood drop.

Cleaning and Disinfecting the ACCU-CHEK Softclix Device

To clean the ACCU-CHEK Softclix device, use a mild dish-washing liquid and a soft cloth. **DO NOT** place the entire device under water. Do not use bleach. At least once a week, **disinfect the cap** after cleaning by placing it in 70% alcohol (isopropyl) for 10 minutes. Allow the cap to air-dry after disinfecting.

ACCU-CHEK Softclix Lancets

Only **ACCU-CHEK Softclix** brand lancets should be used with the ACCU-CHEK Softclix device.

The ACCU-CHEK Softclix lancets are manufactured so that accurate penetration is assured when a new depth is selected.