

**beurer** medical

# short instruction

**GL 44 lean**  
EN

**IVD** **MD**



GL 44 lean / LD 04

**Beurer GmbH** • Söflinger Straße 218 • 89077 Ulm, Germany • [www.beurer.com](http://www.beurer.com)  
[www.beurer-gesundheitsratgeber.com](http://www.beurer-gesundheitsratgeber.com) • [www.beurer-healthguide.com](http://www.beurer-healthguide.com)

**CE** 0483 / **CE**



Lancet needles / Lanzetten / lancettes / lancetas / lancette:  
**SteriLance Medical (Suzhou) Inc.**, No.168 PuTuoShan Road  
New District, 215153 Suzhou, Jiangsu  
PEOPLE'S REPUBLIC OF CHINA

**EC** **REP**

Emergo Europe B.V., Westervoortsedijk 60  
6827 AT Arnhem, The Netherlands

**CE** 0123

## Warnings and safety notes

### Before first use



Always read the full instructions for use before taking your first blood glucose measurement. Check the measuring unit in accordance with the instructions for use.

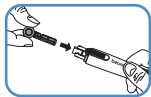
### Risk of infection



The monitor and accessories may come into contact with human blood and are therefore a possible source of infections.

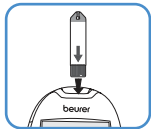
- Never use a monitor, lancing device or accessories together with other people.
- When using the measurement system on different people, please observe the general hygiene regulations.
- Use a new, sterile lancet needle for taking each blood sample.
- Prior to taking the blood sample, wash your hands with warm water and soap, and then dry them.

## Preparing the monitor and lancing device



### Inserting the lancet needle

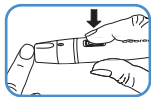
Remove cap from the lancing device. Insert lancet needle in the lancing device. Hold the shaft of the lancet needle and remove protective disc by turning. Retain the protective disc. Reapply the cap to the lancing device. Turn the moving upper part of the cap until the desired penetration depth is displayed. Pull the tensioning device back until it engages.



### Inserting the test strip

Insert the test strip into the monitor with the contacts first. The start screen is shown for a short moment. Then wait briefly until the flashing hand and blood droplet symbol can be seen on the display.

## Taking a blood sample



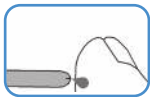
### **Pricking your finger**

Firmly position the lancing device slightly to the side of the centre of the fingertip. Press the trigger.

### **The blood sample taken must:**

- be in droplet form and must not be spread
- be at least 1.4 mm (original size ●).

## Applying blood to the test strip



Hold the blood input gap on the test strip against the drop of blood until the gap is completely filled and the display of the monitor starts counting backwards. Wait for approx. 5 seconds until the blood glucose value measured is shown in the display.

**Normal value: 2 hours after a meal: 70–140 mg/dL (3.9–7.8 mmol/L)**  
**On an empty stomach: 70–100 mg/dL (3.9–5.6 mmol/L)**



### Disposing of the lancet needle


Remove cap. Place safety shield on a flat surface and push the tip of the needle into it. Use the sliding switch on the side. This causes the lancet to drop out of the holder. Properly dispose of test strip and lancet. Reapply cap.

## Evaluating critical measured values

Lo		Very low blood glucose level < 20 mg/dL (< 1.1 mmol/L)	Seek medical attention immediately.
65 mg/dL	3.6 mmol/L	Low blood glucose level < 70 mg/dL (< 3.9 mmol/L)	Have a snack. Follow your GP's instructions.
150 mg/dL	8.3 mmol/L	High blood glucose level On an empty stomach > 100 mg/dL (> 5.6 mmol/L) 2 hours after a meal > 140 mg/dL (> 7.8 mmol/L)	Seek medical attention.

<p>300 mg/dL</p> <p>16.7 mmol/L</p>	<p>High blood glucose level, possibly ketones &gt;240 mg/dL (&gt; 13.3 mmol/L)</p>	<p>Ketone test recommended. Consult your GP.</p>
<p>H i</p>	<p>Very high blood glucose level &gt;630 mg/dL (&gt;35.0 mmol/L)</p>	<p>Take another measurement using a new test strip. If the result is identical, seek medical attention immediately.</p>

## Information on the display

<b>LP</b>	Batteries empty.	Replace all batteries.
<b>Ht or Lt</b>	Temperature is outside the permitted range.	Repeat the test with a new strip at room temperature +20 °C to +26 °C.
<b>Err</b> 	Used or contaminated test strip.	Insert a new test strip that has not expired and repeat the measurement.
<b>Err001/005</b>	System error.	Remove batteries. Insert batteries again. Should the problem persist, contact Customer Services.
<b>Err002</b>	Test strip not filled sufficiently.	Repeat the measurement using a new test strip.