beurer medical   Quick start guide

GL 60
EN

IVD MD

GL 60 / LD 04
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CE 0483 / CE

Lancet needles / Lanzetten / lancettes / lancetas / lancette:
SteriLance Medical (Suzhou) Inc., No. 168,
PuTuoShan Road, New District, Suzhou 215153, 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

All components of the monitor, its accessories and/or its replacement parts may come into contact with human blood and are therefore a possible source of infection.

- Never share the lancing device or lancet with others.
- When using the monitor for multiple people, observe the generally applicable regulations regarding disinfection, safety and contamination.
- Use a new sterile lancet for each blood sample.
- Prior to taking the blood sample, wash your hands with warm water and soap, and then dry them.

Transfer measured values using *Bluetooth®*

- Activate *Bluetooth®* in your smartphone's settings.
- Download the free "beurer HealthManager Pro" from the Apple App Store or Google Play.
- Start the app and follow the instructions.
- Select GL60 in the app and follow the instructions.
- *Activate Bluetooth® in your GL60's settings.*
- When connecting for the first time, a six-digit PIN code will be displayed on the device. Enter the PIN code on the smartphone. After successfully entering the code, the device will be connected to the smartphone

works with

pro

beurer

HealthManager Pro

Download on the
**App Store**

GET IT ON
Google Play

Making and changing basic settings

The abbreviations shown in the display vary depending on the selected language. Detailed explanations can be found in the following table:

Full German (DE)	Full English (EN)	DE	IT	EN	FR	ES	TR
Ja	Yes	Ja	Sì	Yes	Oui	Sí	Eet
Nein	no	No	No	No	Non	No	Hyr
Setzen	Set	Set	Set	Set	Rég	Aju	Ayr
Beep	Beep	Beep	Bep	Bep	Bip	Pit	Bip
An	On	An	On	ON	ON	ON	Açk
Aus	Off	Aus	OFF	OFF	OFF	OFF	OFF
Ketone	Ketone	Ket	Che	Ket	Cet	Cet	Ket

Full German (DE)	Full English (EN)	DE	IT	EN	FR	ES	TR
Bluetooth	Bluetooth	BT	BT	BT	BT	BT	BT
Zielwert	Target Value	BZ	Des	Tar	Cib	Obj	Hdf
Verbinden	Pairing	Con	Con	Con	Con	Con	Con
Nicht OK	not ok	nOK	nOK	nOK	pOK	nOK	Bşz
Löschen	delete	Del	El	Del	Eff	Eli	Sil
Unterzucker	Hypoglycaemia	Unt	Ipo	HyP	HyP	HiP	HiP
Niedrig	low	Lo	Lo	Lo	Lo	Lo	Lo
Hoch	high	Hi	Hi	Hi	Hi	Hi	Hi
USB	USB	uSb	uSb	uSb	uSb	uSb	uSb

## Preparing the monitor and lancing device
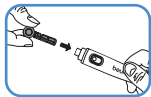
Inserting the lancet needle
Turn off cap from the lancing device. Insert lancet needle in the lancing device. Hold the shaft of the lancet needle and remove protective disc by turning. Retain the protective disc. Reapply the cap to the lancing device. Turn the moving upper part of the cap until the desired penetration depth is displayed. Pull the tensioning device back until it engages
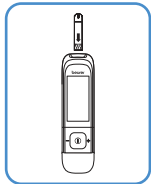
Inserting the test strip
Insert the test strip into the monitor with the electrode first. The arrow printed on the front must point towards the device. The start screen is shown for a short moment. Then wait briefly until the flashing blood droplet symbol can be seen on the display.

Taking a blood sample
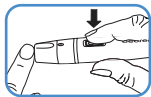
Wash your hands with soap and warm water before taking a blood sample.
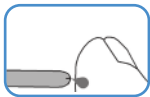
Pricking your finger
Firmly position the lancing device slightly to the side of the centre of the fingertip. Press the trigger.
Please discard the first drop of blood.

The blood sample taken must:
- be in droplet form and must not be smeared
- be at least 1.2 mm (original size •).

Apply blood to the test strip

Hold the blood absorption gap of the test strip against the blood drops until the gap is fully filled, and the measurement process starts on the meter display, followed by displaying the measurement result

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
Carefully remove the cap from the lancing device.. Place the retained protective disc on a surface and stick
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 the test strip and lancet. Reapply the cap.

Evaluating critical measured values

Lo		Measurement result is outside the detectable range below 10 mg/dL (below 0.56 mmol/L)	Immediate medical treatment is required.
65 mg/dL	**36** mmol/L	Low blood glucose level below 70 mg/dL (below 3.9 mmol/L)	Have a suitable snack. Follow the instructions from your physician.
150 mg/dL	**83** mmol/L	High blood glucose level on an empty stomach, above 100 mg/dL (5.6 mmol/L) Two hours after a meal, over 140 mg/dL (7.8 mmol/L)	If this high value persists 2 hours after your last meal, this may indicate hyperglycaemia (high blood glucose). Consult your physician about any measures you may need to take.

Evaluating critical measured values

300 mg/dL	**16,7** mmol/L	High blood glucose level, possibly ketones above 250 mg/dL (13.9 mmol/L)	Conduct ketone test Consult your physician on how to do this.
HI		Very high blood glucose level above 630 mg/dL (35.0 mmol/L)	Take another measurement using a new test strip. If the result is the same as before, immediately seek medical assistance.

Information on the display

LP	Flat batteries.	Replace all batteries.
ht Lt	Temperature of the measuring environment, blood glucose monitor or test strip above the permitted range.	Repeat the test using a new test strip as soon as the measuring environment, monitor and test strip have reached the permissible operating temperature.
Err ⊏▭◼	Used or contaminated test strip inserted	Insert an unused test strip that has not expired. Repeat the blood glucose measurement.
Err001	System error	Remove and reinsert batteries. If the problem persists, contact Customer Services.

Information on the display

Err002	Insufficient blood on the test strip	Repeat the measurement using a new test strip.
Err004	System error	Remove and reinsert batteries. If the problem persists, contact Customer Services.
	Unknown error messages	Remove and reinsert batteries. If the problem persists, contact Customer Services.