Teaching Patients How to Use the Accu-Chek Nano Glucometer

Setting up the Meter:

1. Encourage patient to read the Accu-Chek Nano User Guide and keep accessible for future reference. It is very helpful to save the original box and any other information provided.
2. There are 3 buttons on this meter, none of which are on the front. There are 2 on the top – the right arrow and left arrow buttons, which are used to access memory (stores 500 readings), adjust settings and scroll through test results. The third button, the Power/Set button, is on the right side near the top of the meter. It turns the meter on and off and sets options. The front of the meter is the display, which shows results, messages, and test results stored in memory. The test strip slot is on the bottom of the front of the meter.
3. Meter Set-Up: The following features can be customized as required: Time and date, Beeper (on or off), Post-meal test reminder (1 or 2 hours), test reminders (on or off, allows up to 4) and hypo alert (if on, the blood glucose level for the alert must be selected).   To set the time and date, turn the meter on by pressing and releasing the Power button on the right side of the meter. Now press and hold the same button until set-up appears on the display. The hour flashes. Press and release the left or right arrow button to decrease or increase the hour. Continue to press and release to set the minutes, am/pm, month, date and year. To set up more options, press and release the same button. To exit, press and hold the button until the flashing test strip appears on the display.

Perform a Control Solution Test:

1. A control test should be performed the first time the meter is used, and after that whenever a new vial of test strips is opened. It verifies that the meter and test strips are working properly.
2. Do not apply control solution to the strip directly from the bottle. Squeeze a small drop onto a clean, non-absorbent surface or place a drop on the cap of the control solution bottle. The meter automatically recognizes the difference between the control solution and blood, and control results are not displayed in the memory. They are not included in the averages.
3. Compare the test result with the range found on the bottle of test strips. If the results are accurate, discard the test strip and proceed to actual testing. If the result is out of the control range, there may be a problem with the test strips, meter or testing technique. Review user guide or call the Customer Care Service Center at 1-800-858-8072.
4. Control solution should be discarded 3 months after it is opened. There is space on the bottle to record the 3 month discard date.

Perform a Blood Sugar Test:

1. Have the patient gather all the supplies needed: meter, test strips, lancing device (FastClix), lancet, alcohol prep pads, user guide, log book.

2. Instruct patient to wash and dry hands before testing for infection control and also because food or beverages on fingertips can alter the test result. Alcohol prep can also be used to clean the puncture site but it can cause drying and cracking so use with caution. Studies show that residue from peeling fruit can remain without washing hands, even if alcohol prep is used!

3. Select a test strip from the test strip vial. Insert the gold end of the test strip into the port at the bottom of the meter. The meter will then display a flashing blood drop indicating the meter is ready for testing.

5. Have the patient puncture the finger (or other testing site) to obtain a small drop of blood (if blood drop not forming have patient stroke hand or finger in the direction of the puncture site to help blood flow more easily).

6. Teach the patient to touch the front edge of the test strip to the drop of blood, without pressing or smearing, and let the reservoir fill automatically. Do not put blood on top of the test strip. The meter beeps and flashes when there is enough blood in the test strip. The result appears on the display. Record results in log book or other designated system for recording. The meter will only provide a numerical value in the range of 20-600. If the meter reads "HI", the blood sugar is > 600, or "LO", it is < 20. Repeat with new test strip and if results are the same, treat patient as needed or get help immediately from appropriate medical professionals.

7. Turn off the meter by removing the test strip and it will automatically shut down after 5 seconds.

Viewing Results:

With the meter turned on or off, press and release the left or right arrow button to enter the memory. The most recent result appears on the display. To review previous results in order, press the left arrow button. To look at the 7-, 14-, 30- or 90-day averages, press the right arrow button.

Tips:

- Some people prefer to take the blood sample from the side of their finger. The side is less painful than the center. Other sites include the palm or forearm. If the palm or forearm is used, select from a fleshy area, avoiding veins, hair, moles, bones and tendons. An **Alternate Site Test** (AST) Cap should be used on sites other than the fingertip. This cap is not included in the meter kit but is available upon request by calling 1-800-858-8072. The fingertip is still the best choice because it provides the most consistent and accurate results.