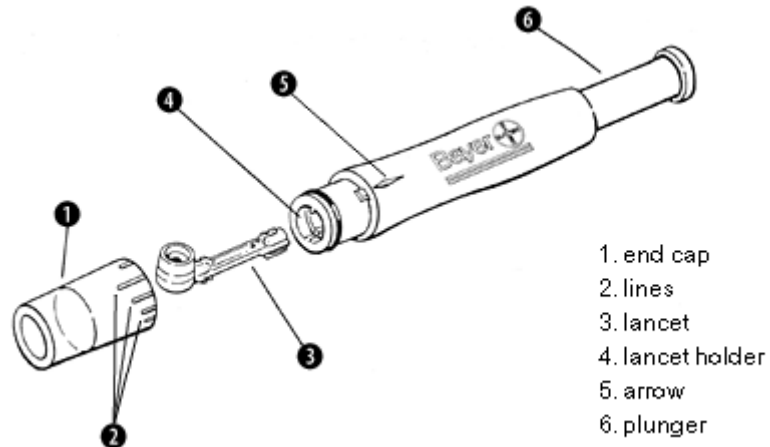


Ascensia® MICROLET® VACULANCE® Lancing Device

Before you get a blood sample with the Ascensia® MICROLET® VACULANCE® Lancing Device, you need to load a lancet and choose the lancing depth and an area to lance. Then, you are ready to lance. When you're done, you remove the lancet.



Loading an Ascensia® MICROLET® Lancet

1. Remove the lancing device's endcap by gently pulling it.
2. Firmly push the lancet straight into the device's lancet holder until the lancet comes to a complete stop.
3. Remove the lancet's protective cap, saving it for when you remove the lancet later on.
4. Push the device's endcap back on, lining up its longest line with the arrow on the device.

This line-up gives the deepest puncture. The device is ready to lance.

Choosing a lancing depth

1. To make a shallower puncture, match a shorter line on the lancing device's endcap with the arrow on the device.
2. To make a deeper puncture and get a larger drop of blood, match a longer line on the lancing device's endcap with the arrow on the device.

Choosing a lancing area

It's a good idea to talk to your doctor about the best area of your body for you to lance. Please make sure to choose a soft, fleshy area of skin, free from hair and visible veins.

A few possible areas are:

- the fleshy portion of the palm between the wrist and the little finger
- the underside of the forearm
- the abdomen
- the outer thigh

Lancing

1. Wash the area you wish to puncture with soap and warm water.
2. Rinse the area and dry it thoroughly.
3. Place the entire edge of the lancing device's endcap in contact with your skin for an airtight seal.
4. Push the plunger down until it comes to a complete stop.
5. While using the endcap to keep pressure on your skin, slowly release the plunger.
6. Continue to hold the endcap against your skin to keep the seal.
Your skin should begin to slightly bulge up into the endcap.
7. When a good blood drop has formed, press the plunger 3/4 of the way down to release the seal and then remove the endcap from your skin.
If you fail to fully release the seal, the blood drop will splatter.

Removing an Ascensia® MICROLET® Lancet

1. Remove the lancing device's endcap by gently pulling it.
2. Push the used lancet into the open end of the protective cap, which you removed earlier.
3. Pull the used lancet straight out of the lancing device.
4. Put the used lancet in a waste container.