



Blood Glucose Meter  
Quick Start Guide  
Model # ADF-B27/ADF-B27A



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**NOTES ON SAFETY**

1. The meter and lancing device are for single patient use. Do not share them with anyone including other family members. Do not use on multiple patients.
2. All parts of the kit are considered biohazardous and can potentially transmit infectious diseases, even after you have cleaned and disinfected all parts.
3. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
4. Do not place the device in liquid or put it where it could fall into liquid.
5. Use of this device is only for the intended use described in this manual.
6. Only use AndesFit testing strips supplied by RCP.
7. Do not allow the device to contact surfaces that are too hot to touch.
8. Do not use the device where aerosol sprays are being used.

**Do not allow other people to use your blood glucose meter. The meter is specifically assigned to you and you only. Allowing other people to use your meter can mislead your provider.**

## Taking a Measurement

**Prepare:** Wash your hands with soap and water. Dry thoroughly.

**Gather supplies:** Lancing device, lancet, tissue (for blotting blood from your finger after the puncture).

**Prepare the lancing device:** Unscrew the cap, push the lancet firmly into the device, remove the rounded end of the lancet by turning (save this piece), screw the cap back on, and adjust the puncture depth (usually 3).

**Prepare the meter:** Insert a test strip into the meter. When looking at the screen of the meter, the blue side of the strip should be facing you. The arrow on the strip should be pointing down so that the contact bars of the test strip are going into the meter. Push the strip into the meter until it stops and the meter turns on.

**Perform the test:** Place the lancet device on the finger you wish to use and press the blue button. Place a drop of blood into the absorbent hole of the test strip. Use the tissue to absorb any extra blood from your finger. The reading will display in the LCD window within 5 seconds.

The reading will automatically be transferred to the RCP SmartHub and sent to your provider.

**Cleanup:** Unscrew the lancet device cap, use the long blue slider to eject the lancet into a sharps container OR stab the lancet into the rounded end piece that was saved in step 3, pull out the testing strip from the meter and throw it away.

## Understanding the Results

Reference value:

Time of day	People without diabetes
Before breakfast (fasting)	<100 mg/dL
Two hours after meals	<140 mg/dL

Source: American Diabetes Association. Standards of Medical Care in Diabetes-2012. Diabetes Care 2012,35 (Suppl.1) S11-S63. Please work with your provider to determine a target range that works best for you.