

IVD MD



GL 49 / LD 04

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[www.beurer-gesundheitsratgeber.com](http://www.beurer-gesundheitsratgeber.com) • [www.beurer-healthguide.com](http://www.beurer-healthguide.com)



Lancet needles / Lanzetten / lancettes / lancetas / lancette:  
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## 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.

## Transfer measured values using *Bluetooth*<sup>®</sup>

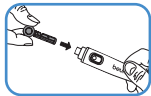
- Download the free “beurer HealthManager Pro” app from the Apple App Store or Google Play.
- Activate *Bluetooth*<sup>®</sup> in your smartphone’s settings.
- Start the app.
- Select GL 49 in the app and follow the instructions.
- When connecting for the first time, a six-digit PIN code will be displayed on the device. Enter the PIN code on the smartphone. After successfully entering the code, the device will be connected to the smartphone.



List of system requirements and compatible devices



# Preparing the monitor and lancing device



## Inserting the lancet needle

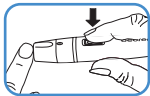
Turn off cap from the lancing device. Insert lancet needle in the lancing device. Hold the shaft of the lancet needle and remove protective disc by turning. Retain the protective disc. Reapply the cap to the lancing device. Turn the moving upper part of the cap until the desired penetration depth is 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 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



### **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 smeared
- be at least 1.2 mm (original size ●).

## Applying blood to the test strip



Hold the blood sample 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 measured blood glucose value is shown on 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 the cap. 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

<b>Lo</b>		Very low blood glucose level < 20 mg/dL (< 1.1 mmol/L)	Seek medical attention immediately.
<b>65</b> mg/dL	<b>3.6</b> mmol/L	Low blood glucose level < 70 mg/dL (< 3.9 mmol/L)	Have a snack. Follow your doctor's instructions.
<b>150</b> mg/dL	<b>8.3</b> 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.

<b>300</b> <small>mg/dL</small>	<b>16,7</b> <small>mmol/L</small>	High blood glucose level, possibly ketones > 240 mg/dL (> 13.3 mmol/L)	Ketone test recommended. Consult your doctor.
<b>HI</b>		Very high blood glucose level > 630 mg/dL (> 35.0 mmol/L)	Take another measurement using a new test strip. If the result is identical, seek medical attention immediately.

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