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Name: XXXXXXXX
Address: XXXXXXXXXX

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Issued: 2026-05-13

GoChek Max

BLOOD GLUCOSE METER



INSTRUCTION MANUAL

For all GoChek Max series meters.



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图档中所有尺寸比例为1:1。
公差: L(长)*W(宽): +1/-1mm,H(高): ±1mm

项目信息

名称 血糖仪使用说明书（英文CE版）

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版本号 V02

版本变更描述
1.品牌修改为GoChek Max
2.CExxxx改为CE2797
3.内容修改

发放范围 生产（ ） 采购（ √ ） 计划（ √ ） 其他：

切刀
压线
开槽
半穿
粘合

备注
无印刷

尺寸：105*155mm

印刷颜色：黑白印刷

材质：封面:封面封底200g铜版纸
内页:70g轻涂纸

特种工艺：

备注：

设计审核

设计

审核

批准

生效日期

日期

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Dear User:

Thank you for choosing the GoChek Max Series blood glucose meter. Monitoring your blood glucose level is an integral part of treating diabetes. MicroTech Medical is committed to helping you control your condition so you can live a healthy and active life.

Please read this user manual to help master the simple functions of your GoChek Max Series meter. If used properly, the blood glucose meter will give you accurate results.

The GoChek Max Series blood glucose monitoring system will give you accurate readings from fresh capillary or venous whole blood. This product is for professional use in medical institutes or for self-testing by diabetics. Test results serve only as helpful information, not as proof for clinical diagnoses.

Thank you for choosing the GoChek Max Series blood glucose meter. This instruction manual contains all the information you need to know, including the blood glucose testing procedures and precautions for use. Please be sure to read it carefully and in full.

Important safety instructions before use:

- Only use the meter as directed by this instruction manual.
- Do not use accessories that are not provided or recommended by our company.
- Only our company or its authorized agencies are permitted to inspect or supply any parts and components.
- Do not use this product if it malfunctions or is damaged.
- Do not expose this product to surfaces that are too hot to touch.
- Do not place any objects on top of this product.
- Unless specifically required by the Instructions for Use, do not allow any objects to fall into or be inserted into the openings, tubing, or joints of this product.
- Do not use this product in areas where aerosol sprays are in use or oxygen is administered.
- Failure to use the device in accordance with the manufacturer's specified method may impair the protection provided by the device.
- This blood glucose meter is for in vitro diagnostic use only.
- This blood glucose meter is suitable for both self-testing and professional monitoring.
- The blood glucose meter is intended for use with blood glucose test strips to quantitatively measure the blood glucose concentration in human body.
- Consult your doctor or diabetes care specialist before adjusting your medication, diet, or daily activities.
- Keep this blood glucose meter out of the reach of children and pets.
- Do not use the device outdoors.

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▼ Specification

Product Name: MCM-4 / MCM-6 / MCM-7 Connect Blood Glucose Meter

Model No.	MCM-4	MCM-6	MCM-7
Data Storage Capacity	700	1100	1100
Voice Prompt Function	NO	YES	YES
Wireless Transmission Function	NO	NO	YES
Backlit Display	NO	YES	YES

ⓘ **Note:**

The data storage capacity refers to the total number of stored blood sample data and control solution data. Among them, the MCM-4 blood glucose meter can store 200 sets of control solution data, while both the MCM-6 and MCM-7 models can store 100 sets of control solution data each.

Size: 87 mm (L) x 54 mm (W) x 25 mm (Thickness)

Glucose Test Range: 0.6-33.3 mmol/L (10-600 mg/dL)

Minimum Sample Volume: 0.6µL

Test Time: 5 seconds

Battery: 2×AAA(LR03)

Battery Life: >1,000 readings(bluetooth functions disabled)

Glucose Concentration Units: mmol/L or mg/dL depending on the standard of your country

Memory Storage: 700(MCM-4) and 1100 (MCM-6, MCM-7) test results with date and time stamp

Auto Shutdown: Automatic shutdown after 2 minutes

Display Size: 40mm × 42mm

Weight: about 75 grams (including battery)

Operating Temperature: 5-45°C (41-113°F)

Operating Altitude: 0-3048 m above sea level

Operating Humidity: 10-90% (non-condensing)

Hematocrit Range: 10-70%

Valid Period: 5 years

Storage and Transportation Temperature: -40-55°C

Storage and Transportation Humidity: 10-90% (non-condensing)

ⓘ **Note:**

Blood containing high levels of vitamin C or other reducing agents can lead to inaccurate test results. Triglycerides above 3,000 mg/dL and cholesterol above 500 mg/dL will lead to inaccurate test results.

ⓘ **WARNING:**

1. Do not ingest battery, Chemical Burn Hazard.
2. This product contains a button cell battery.
If the button cell battery is swallowed, it can cause severe internal burns in just 2 hours and can lead to death.
3. Keep new and used batteries away from children.
If the battery compartment does not close securely, stop using the product and keep it away from children. If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.
4. This equipment is not suitable for use in locations where children are likely to be present.

▼ Intended Use

Intended Use: The Blood Glucose Monitoring System is intended to quantitatively detect glucose in whole blood samples, as an aid in monitoring the effectiveness of controlling glucose for diabetic patients. When used for self-testing (over-the-counter testing), the system can accept fresh human capillary whole blood obtained from the fingertip, forearm, and/or palm by non-professional users. Healthcare professionals can also use venous, and neonatal blood specimen with the Blood Glucose Monitoring System in a hospital environment. The Blood Glucose Monitoring System is non-automatic.

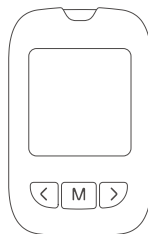
Intended User: The system can be used both for self-testing and near patient testing. When used for self-testing, the system can only accept fresh human capillary whole blood obtained from the fingertip, forearm, and/or palm by non-professional users. In addition to whole capillary blood, healthcare professionals can also use venous blood, and neonatal blood for measurement in a hospital environment.

Test Principle: Reagents consisting of glucose dehydrogenase and mediator are deposited onto the reaction cell section of the test strip with printed electrodes. When a drop of whole blood sample (or control solution) is applied to the reaction cell section on the test strip, glucose in the blood sample reacts in the presence of glucose dehydrogenase and mediator, and the reaction yields electrons. Thus, a current signal is produced from the reaction and detected by the meter. The detected current signal is then calculated by the meter, and the glucose concentration reading is then displayed on the meter display.

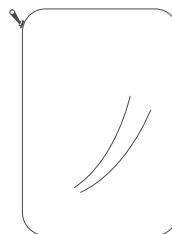
▼ Product Components

Included components: Glucose meter, batteries, carrying case

Optional components (purchased separately): Lancets, lancing device



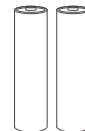
Blood Glucose Meter



Carrying Case



Lancing Device



Batteries

ⓘ **Important Reminder:**

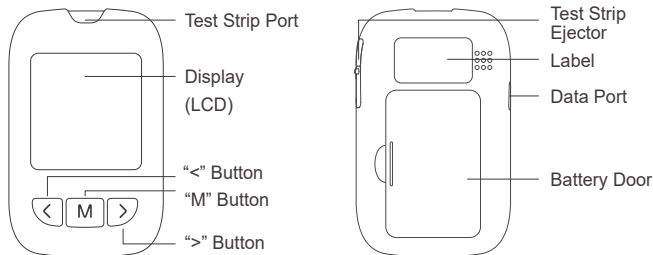
Upon receiving the product, please inspect it according to the following steps to ensure the product you received is complete and undamaged:

Open the outer packaging with care to avoid damaging the contents due to rough handling. Check carefully whether all items in the package are included. Visually inspect the blood glucose meter: check if the main unit has a cracked or deformed casing, and verify that the display screen is free of scratches, damage or display malfunctions.

▼ Component Descriptions

▶ Blood Glucose Meter

The meter reads the test strips and displays the blood glucose concentration. Use this diagram to become familiar with all of the parts of your meter.



Test Strip Port: Test strips are inserted into this area to perform a test.

Display: Shows test results, settings, and other information.

"<" Button: When the meter is off, holding the "<" button will turn the meter on and enter the system settings menu.

"M" Button: When the meter is off, holding the "M" button will enter memory mode. This button also is used to select/confirm.

">" Button: When the meter is off, press and hold the ">" button for about 2 seconds. The meter will turn on and enter the control solution memory mode.

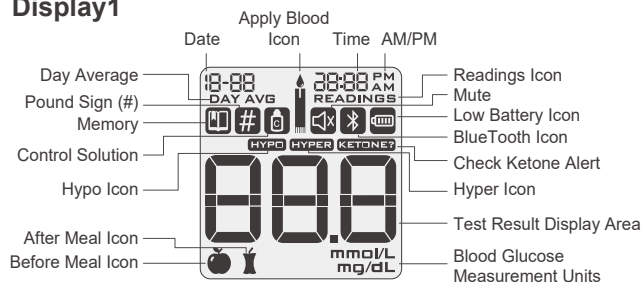
Battery Door: Remove the battery door to install 2×AAA (LR03) battery.

Label: Contains product information.

Test Strip Ejector: Slide the ejector forward to discard a used test strip.

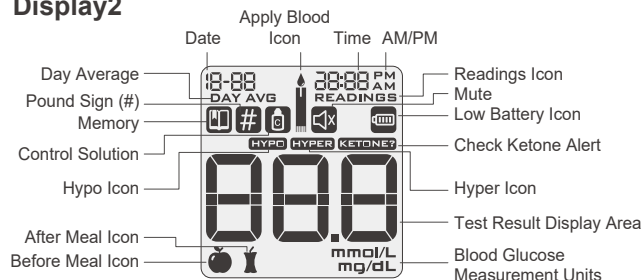
Data Port: Connecting the data cable enables the export of raw data for internal product debugging by the Manufacture.

Display1



Display 1 applies to MCM-7 Blood Glucose Meters, which are provided with the function of bluetooth data transfer.

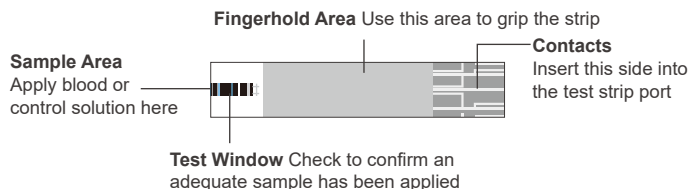
Display2



Display 2 only applies to MCM-4 and MCM-6 Blood Glucose Meters which do not have the function of bluetooth data transfer.

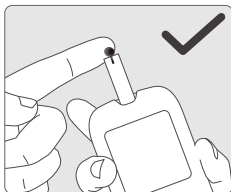
Test Strips

GoChek Max blood glucose test strips contain chemical reagents. After the test strip is placed into the test strip port and a blood sample is applied, the blood automatically wicks into the test window. A transient electrical current is generated, and this current is measured to determine the correct blood glucose level reading.

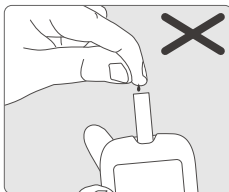


IMPORTANT:

Make sure that the blood sample is applied at the edge of the test strip, never on the top surface. Applying blood to the top surface of the strip will lead to inaccurate results.



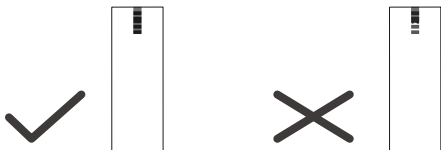
Correct



Incorrect

Apply blood samples to the edge of the strip until the test window is full. The blood glucose meter will begin to count down when there is adequate blood. If the test window is not full, you may add additional blood within three seconds.

If you see that the test window is not full, but the countdown begins anyway, please discard and use a new test strip.



Each test strip package is marked with a batch number (LOT), expiration date (📅) and a control solution range (CTRL0 and CTRL1 and CTRL2). Please use the correct strips recommended for your meter. The use of non-approved strips will result in the meter not turning on or an error.

► Storage and Handling

Please read and follow the storage and handling conditions below:

- Store test strips in a clean, dry environment at 2-35°C (36-95°F). Do not store test strips in heat or direct sunlight.
- Do not refrigerate or freeze test strips.
- Do not store or use strips in a humid environment, such as a bathroom.
- Do not store the meter, test strips, or control solution near bleach or cleaning agents that contain bleach.
- Close the cap on the vial immediately after removing a test strip.
- Use the test strip immediately after removing it from the package.
- Do not use expired test strips. Doing so may lead to inaccurate results.

Tip: The test strip label contains the expiration date in year-month-day format. For example, 2017-01-01 indicates that the test strips are valid until January 1st, 2017.

► Special Instructions for Test Strips Sold in a Vial

- Test strips should be stored in the tightly capped vial that is provided.
- Do not store test strips outside of the provided vial. Test strips must be stored inside the original vial with the lid tightly sealed closed.
- Do not transfer test strips from the provided vial into another container.
- Close the cap on the vial immediately after removing a test strip.
- A new vial of test strips may be used for 6 months after first being opened. Please take note of the date that the vial was first opened, and discard it after 6 months.

► Special Instructions for Test Strips Sold in Single Use Packets

- Tear the packet open carefully beginning from the tear gap. Do not damage or bend the test strip.
- Use the test strip immediately after removing it from the packet.

⦿ Test Strip Precautions

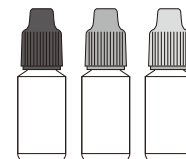
- For in vitro diagnostic use.
- Use the test strip immediately after removing it from the package, otherwise the test results may not be accurate.
- Do not use test strips that are torn, bent, or damaged in any way. Do not reuse test strips.
- Keep the test strip packaging away from children and pets.
- Consult your physician or healthcare professional before making any changes in your treatment plan based on your blood glucose test results.
- Please refer to the test strip instructions for more detailed information.

► Control Solution

The control solution is a glucose solution of known concentration that is used to confirm that your meter and test strips are working properly. It is important to run a quality control test regularly to make sure that you are getting accurate results.

You should perform a quality control test in the following situations:

- When you suspect that the meter or test strips are not working properly.
- When you suspect that your test results are inaccurate, or inconsistent with how you feel.
- When you suspect that your meter has been damaged.
- After cleaning your meter.



Refer to page 11 for instructions on how to perform a quality control test.

► Storage and Handling

Please review the following storage and handling instructions:

- Store the control solution in the temperature range 2-35°C (36-95°F).
- Do not refrigerate or freeze the control solution.
- If the control solution is cold, do not use until it has warmed to room temperature.
- Do not use expired control solution.

Tip: The control solution label contains the expiration date in year-month-day format. For example, 2017-01-01 indicates that the control solution are valid until January 1st, 2017.

Control solution may be used for 6 months after the bottle is opened for the first time. Please take note of the date that the bottle was first opened, and discard after 6 months. Do not use beyond the expiration date.

⦿ Control Solution Precautions

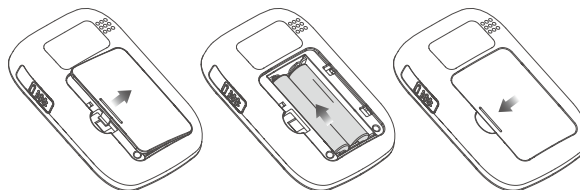
- For in vitro diagnostic use. The control solution is for testing only outside of the body. Do not swallow or inject.
- Control solution should be shaken before use.
- Quality control tests should be carried out at 5-45°C.
- Do not let the control solution bottle touch the test strip.
- Use only the control solution that is recommended for your meter.
- The control ranges shown on the test strip package are not recommended ranges for your blood glucose level. Your personal glucose range should be determined by your healthcare professional.

▼ Meter Setup Before Use

▶ Battery Installation

No batteries are pre-installed in the blood glucose meter. This meter requires two AAA alkaline batteries, which are included in the package. Please install them following the steps below before use:

1. Turn the meter over with its back facing upwards and open the battery compartment cover as shown in the figure.
2. Install the batteries, ensuring correct alignment of the positive (+) and negative (-) poles.
3. Replace the battery compartment cover and make sure it is securely fastened.



▶ Meter Setup

Follow the steps below to set up your meter:

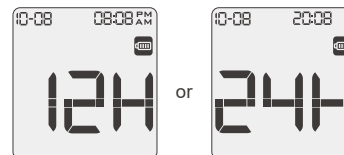
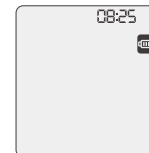
► System Settings

Before using your meter for the first time, make sure all system settings are correct. For example, setting the correct time is essential for the history function to work properly.

Press the "<" button for 2 seconds to enter the system settings menu.

⦿ Time Settings

1. The display will show the month, day, and year. In the upper right portion of the screen, the year will flash. Press the "<" or ">" buttons to change the year, and then the "M" button to save your choice.
2. The display will now show the month and day in the top left corner. Change the month and day by pressing the "<" or ">" buttons. Press "M" to save.
3. Next, set the correct time. By default, the meter will show the time in 24 hour display mode. Press "M" to save the correct time. The meter will now allow you to change to either 24 hour or 12 hour display mode by pressing "<" or ">". Press "M" to save and continue to the next step.



⦿ Audio Settings

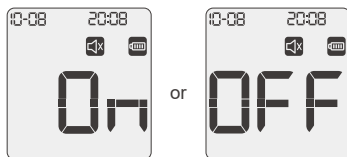
You can turn your meter's sound on and off in the audio settings menu. This setting your meter will sound. Press the "M" button to save.

When the sound is powered on, the meter will provide a beep occurs:

- a. The meter is powered on.
- b. The blood sample is adequate.
- c. The test results are displayed.
- d. The test strip insertion prompt is inserted test strip.
- e. An error occurs
- f. The battery is low

You will hear a beeping warning sound when the meter is powered on, if the blood sample is adequately applied, and when the test results are displayed. You will hear 2 short beep warning sounds if an error occurs. Please refer to the error code table included in this instruction manual.

After you have chosen the alarm settings, the meter will enter the high and low blood glucose alarm settings.



© High and Low Blood Glucose Alarm Settings

The meter has high (Hyper) and low (Hypo) blood sugar warning alerts. You should set these high and low alerts according to your healthcare professional's advice. When your test result is lower than the Hypo alert value (the meter can be set to a maximum Hypo value of 5.6 mmol/L (100 mg/dL)), the symbol "HYPO" will be displayed. When your test result is higher than the Hyper alert value (the meter can be set to a minimum Hyper value of 6.7 mmol/L (120 mg/dL)), the symbol "HYPER" will be displayed.

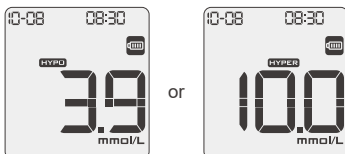
Factory default blood sugar warning values:

Low sugar alert:

3.9 mmol/L (70 mg/dL)

High sugar alert:

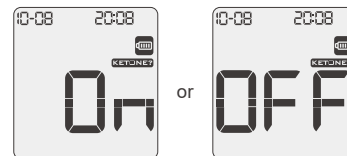
10.0 mmol/L (180 mg/dL)



© Ketone Test Warning Settings

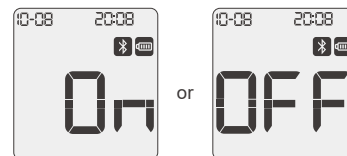
To turn on or off the blood ketone test warning, press the "<" or ">" buttons and then the "M" button to save. When the blood ketone test warning function is on, the "KETONE?" symbol will show in the upper right section of the display if your test result is higher than 16.7 mmol/L (300 mg/dL).

After choosing the ketone test warning setting, the system will enter the meal marker setting.



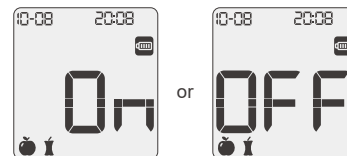
© Bluetooth On/Off Settings

The meter (MCM-7) is equipped with a Bluetooth data transmission function. Press the "<" or ">" button to select Bluetooth On or Off, then press the M button to save the settings. The default setting is On.



© Meal Marker Settings

The meter has a meal marker function that allows you to mark your test result as before or after a meal. To turn on or off meal marker function, press the "<" or ">" buttons and then the "M" button to save. The meter will power off after this setting is chosen.

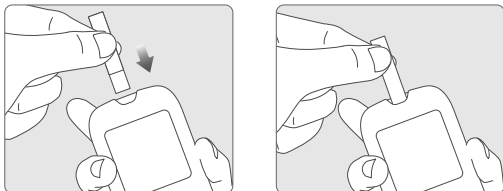


▶ Quality Control Tests

Quality control testing is done to verify that the blood glucose meter and test strips are working correctly, and to ensure the accuracy of the test results. Please conduct quality control tests in the following situations:

- When you suspect that the meter or test strips are not working properly.
- When you suspect that your test results are inaccurate, or if they are inconsistent with the way you feel.
- When you suspect the meter is damaged.

1. Insert the test strip completely into the blood glucose meter. If the audio prompt function has been enabled, an audio alert will be triggered. The meter will fail to initiate the test if the test strip is inserted upside down.



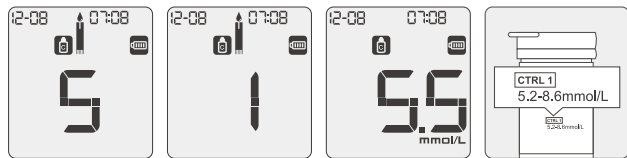
2. The screen will now display the date, time, and the flashing blood drop icon. The test strip icon and flashing blood drop icon show that the test strip has been inserted correctly.

Tip: If the test strip is not inserted correctly, the meter will not power on.

3. Shake the control solution bottle, gently squeeze out the control solution, discard the first drop, and drop the second drop onto a clean nonabsorbent surface. Now touch the second drop to the sample area of the test strip. Do not let the bottle come into contact with the test strip. If the audio is on, the meter will beep, telling you that enough control solution has been applied.

Tips:

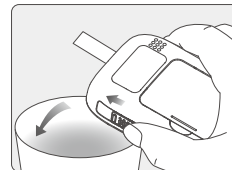
- If a big bubble forms, wipe it with clean cotton paper, and then do the following steps.
 - If one drop of control solution does not fill the test window, please add another drop within 3 seconds. Otherwise discard the test strip, and try again.
4. After applying enough control solution, the display will count down 5 seconds and the control solution test result will be displayed on the screen. If the control solution test result falls within the control range that is printed on the package (CTRL1 on test strip vial or foil pouch), this indicates that the meter is working normally, and the system is functioning properly.



Caution:

The control solution range refers to the numerical range for quality control testing, and shall not be used as a reference value for the control range of the relevant test item.

5. After the test has been completed, slide the test strip ejector to pop out the test strip, and the glucose meter will automatically turn off.



When “” and “#” are displayed simultaneously, the result is from a control solution test, and it will not be included in the 7, 14, 30, 60, or 90 day average. When you access your test history, the control solution results are not displayed.

If the control solution results are outside of the reference range:

- Confirm you are matching the correct range. Control Solution results should be matched to the relevant CTRL range printed on the test strip vial (or foil pouch).
- Check the expiration date of the test strip and control solution. Make sure that the packages have not been opened for more than 6 months. Discard any expired test strips and control solution.
- Confirm that you are testing within the correct temperature range (5-45 °C).
- Make sure that the test strip vial and control solution bottle have been tightly closed.
- Make sure that you are using the correct brand of control solution.
- Make sure you are following the user guide instructions properly.

After checking all of the conditions above, repeat the quality control test with a new test strip. If the quality control test results are still outside of the range printed on the test vial (or foil pouch), there may be a problem with your meter. Please seek help and contact your dealer.

Three levels of control solution are available labeled Control Solution 0, Control Solution 1 and Control Solution 2. Control Solution 1 is sufficient for most self testing needs. If you think your meter or strips may not be working correctly, you may also want to do a level 2 test. The ranges for all (CTRL 0, CTRL 1 and CTRL 2) are displayed on the test strip vial (or on the foil pouch). Simply repeat the above steps, strip vial (or on the foil pouch). Simply repeat the above steps, using Control Solution. For confirmation of results, Control Solution 0 tests should fall within the CTRL0 range, Control Solution 1 tests should fall within the CTRL1 range, and Control Solution 2 tests should fall within the CTRL2 range. If the control solution test results do not fall within the respective ranges, DO NOT use the system to test blood, as the system may not be working properly. If you cannot fix the problem, contact your dealer for help.

Please contact your dealer to purchase control solution.

▼ Testing Your Blood

The following steps show how to use the meter, test strips, lancing device and sterile lancets together to measure your blood glucose concentration. The main steps are as follows:

- Step1:** Insert the test strip face up into the test strip port. The meter will automatically turn on and flash “Apply Blood” icon.
- Step2:** You can choose the blood collection site. Usually a tiny amount of blood is collected from the fingers, hands. Touch the blood drop lightly to the edge of the sample area. Complete the test within two minutes, or the meter will automatically power off.
- Step3:** After the meter detects that there is an adequate amount of blood, the meter will count down 5 seconds and display the glucose test results. The test result will be stored in the history automatically. Slide the test strip ejector to eject the test strip, and the meter shuts off automatically.

▶ Blood Sampling

● Healthcare Professional Information:

- A blood drop is required to perform a blood glucose test. Capillary blood can be used. Venous, or neonatal blood may be used, but must be obtained by healthcare professional.
- Take caution to clear lines before the blood sample is obtained and applied to the test strip.
- The system has been tested with neonatal blood. As a matter of good clinical practice, caution is advised in the interpretation of neonate blood glucose values below 50 mg/dL (2.8 mmol/L). Follow the recommendations for follow-up care that have been set by your institution for critical blood glucose values in neonates. Blood glucose values in neonates suspected of galactosemia should be confirmed by an alternative glucose methodology.
- The manufacturer has confirmed that various anticoagulants, including Sodium Heparin, Lithium Heparin, K2-EDTA, and Sodium Citrate, when stored at room temperature, do not significantly impact the accuracy of the GoChek Max blood glucose monitoring system over a period of 7 days. However, due to glycolysis, it is recommended to use anticoagulated blood samples within 30 minutes for optimal reliability.

● Recommending Alternative Site Testing to Patients

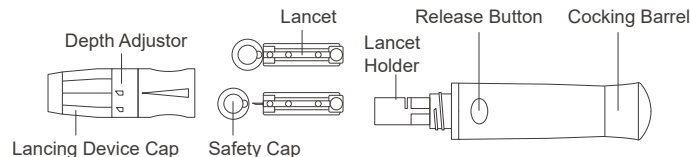
Decisions about whether to recommend Alternative Site Testing (AST) should take into account the motivation and knowledge level of the patient and his or her ability to understand the considerations relative to diabetes and AST. If you are considering recommending AST for your patients, you need to

understand that there is a potential for a significant difference between fingertip or palm test results and test results obtained from the forearm. The difference in capillary bed concentration and blood perfusion throughout the body can lead to sample site-to-site differences in blood glucose results. These physiological effects vary between individuals and can vary within a single individual based upon his or her behavior and relative physical condition.

Before testing, first become familiar with how to collect blood and then choose a clean and dry place to conduct the test.

● IMPORTANT:

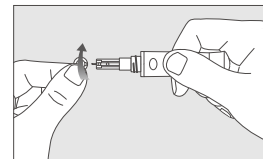
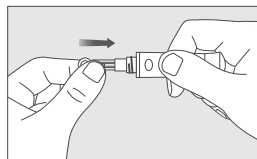
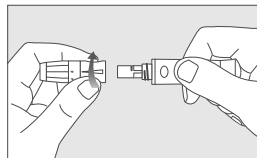
Prior to testing, use with either alcohol or soapy water to disinfect the sampling site. Use warm water to increase blood flow if necessary. Dry your hands and the sampling site, ensuring that there is no soap residue remaining.



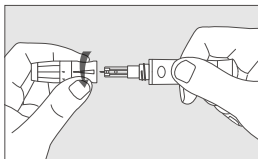
▶ Fingertip Testing:

Adjust the penetration depth to reduce the discomfort. You do not need the clear cap for fingertip sampling.

1. Remove the lancing device cap. Insert the lancet into the lancet holder until it comes to a complete stop.
2. Twist off the safety cap from the lancet, save the safety cap for lancet disposal.

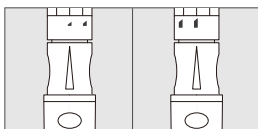


- Carefully install the lancing device cap onto the lancing device, avoid touching the lancet needle tip.



- Adjust the puncture depth by rotating the depth adjuster. To reduce discomfort, choose the lowest setting that still produces an adequate blood sample.

Depth Adjustment (for reference only)



Shallow Puncture Deep Puncture

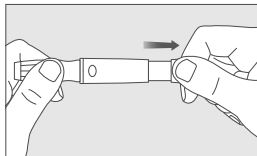
Notes:

- The penetration depth to get blood samples will vary for people with different skin types. Select a shallow puncture for delicate skin. If your skin is calloused or thick, you may need to try a deep puncture.

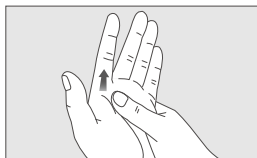
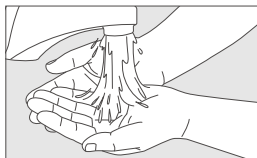
The lancing device's adjustable tip allows the best depth of skin penetration to get an adequate sample size.

- Greater pressure between the lancing device against the finger will also increase the puncture depth.

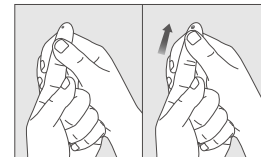
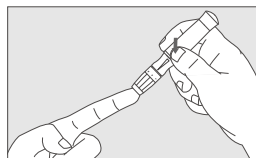
- Pull back the cocking barrel until you hear a click. Now the lancing device is loaded and ready to draw blood.



- Before taking a blood sample, wash your hands or use an alcohol swab to clean the area. Washing your hands in hot water increases blood circulation. You can also massage from wrist to finger to promote better blood circulation.



- Holding the lancing device against the side of the finger to be lanced, press the release button and then put down the lancet. Massage forward slowly from the base of your finger to the tip to increase the sample size. Wipe away the first drop of blood and use the second drop for the test strip.



Tip:

To reduce pain, lance on the sides of the fingertips, where there are less nerve endings. Rotate finger locations as much as possible to accelerate wound healing and decrease callouses.

▷ Alternative Site Testing:

Performing a Blood Glucose Test with Blood from Your Palm, Forearm (Alternative Site Testing)

You have the option of obtaining a blood sample from other sites on your body besides the fingertip.

Alternative sites include the palm, forearm.

Blood obtained from the fingertip and palm can be used at any time to perform a blood glucose test.

If blood from the forearm is used, there are certain times when testing is not appropriate. This is because your blood glucose level changes faster in your fingertip and palm than in the forearm. These differences may cause you to misinterpret your actual blood glucose level, leading to improper therapy and potential adverse health effects.

◎ You may perform a forearm test

- immediately before a meal.
- while fasting.

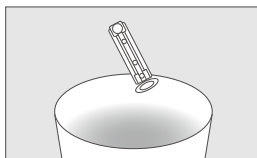
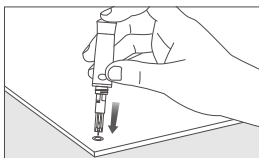
◎ You may NOT perform a forearm test

- up to 2 hours following a meal, when blood glucose values can rise quickly.
- after injecting bolus insulin, when blood glucose values can decrease rapidly.
- after exercise.
- if you are sick.
- if you think your blood glucose is low (hypoglycemia).
- if you sometimes do not notice when your blood glucose is low.

If you are interested in AST, talk to your healthcare professional first.
To obtain an AST cap and detailed AST instructions, contact MicroTech.

▶ Lancet Removal

1. Unscrew the lancing device cap. Firmly push the needle into the safety cap.
2. Pull out the lancet from the lancet holder. Please dispose of the used lancet properly.



⦿ Lancet Precautions:

- Do not use a lancet if the safety cap is loose or missing.
- Do not use a lancet if the needle is bent.
- Use caution whenever a lancet needle is exposed.
- Do not share lancets with other people.
- To avoid cross contamination, always use a new sterilized lancet. Do not reuse lancets.
- Avoid contaminating lancets with hand lotion, detergents, oil, and other debris.

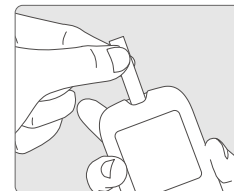
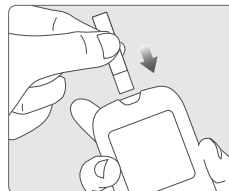
⦿ Reminder:

- Lancing devices and lancets should not be shared. Each person should have his own lancing device and lancets.
- Clean your lancing device before and after use with alcohol or a disinfectant wipe. Be sure to clean the part of the device that touches the finger. Do not immerse the lancing device in water.
- Control excess bleeding and disinfect your wound after use.

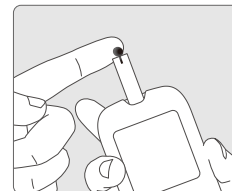
▶ Testing Blood Glucose

When you insert the test strip, the meter will automatically turn on (except in data transfer mode).

1. Insert the test strip all of the way into the test strip port, and the meter will turn on automatically. If the audio is on, you will hear a “beep” sound, and all of the icons on the display will turn on at the same time. If the strip is inserted upside down, the meter will not turn on.



2. The test strip has been inserted correctly when you see the “Apply Blood” icon flashing. If the test strip is not correctly inserted, the meter will not turn on – repeat the steps above.
3. Apply blood to the sample area of the test strip. If the audio is on, the meter will beep, telling you that enough blood has been applied and the meter will start to measure.



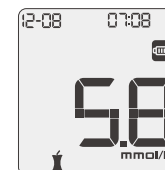
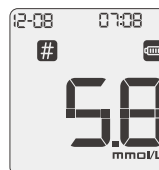
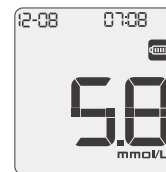
DO NOT:

- Apply blood to the front or back of the test strip.
- Smear the blood drop onto the test strip.
- Press your finger against the test strip.

4. The display will count down 5 seconds during the measurement process. If the audio is on, the test will end with a beep. If you applied a blood sample but the meter does not begin a countdown, you may reapply a second drop of blood within 3 seconds.

If you press the “>” button, the test results will be marked with the “#” icon. Results marked with “#” symbol will not be used in the 7, 14, 30, 60 or 90 day average calculations. If you accidentally mark your result with the “#” icon, simply press the “>” button again to cancel the mark. After marking a result with “#”, please test again with a new strip.

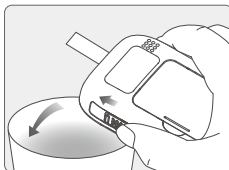
If the before/after meal marker setting is on, you can press the “<” button to tag the reading before or after meal, as shown in the figure:



Press the “M” button to confirm.

If an error code is displayed, please check the troubleshooting instructions (page 27). If “HI” or “LO” symbol is displayed, refer to the “HI” and “LO” Messages section (page 22).

- Record valid results in your logbook with the date and time, and compare them to the target goals set by your healthcare professional. (Refer to Suggested Testing Times and Target Goals on page 21)
- After the test has been completed, slide the test strip ejector to pop out the test strip, and the glucose meter will automatically turn off.



© **Note:**

For self-testing and near-patient testing with whole blood sample.

© **After Use**

- Please dispose of the used test strips properly. The blood sample is a source of infection, please refer to local laws and regulations to handle it carefully.
- Please dispose of the meters and batteries after use properly according to the local laws and regulations.

▼ Understanding Test Results

► Suggested Test Times and Target Goals

Tracking your glucose concentrations with regular blood glucose testing is an important part of managing diabetes. Your healthcare professional will help you decide the normal target range for your glucose levels and how often you should test according to your situation. Suggested times to test include:

- When you wake up (before eating)
- 1-2 hours after breakfast
- 1-2 hours after lunch
- Before dinner
- Before bedtime
- 2-3 o'clock in the morning (if taking insulin)
- Before breakfast
- Before lunch
- Before and after exercises
- 1-2 hours after dinner
- After a snack

More frequent tests may be required when:

- You adjust your medication dosage.
- You think your glucose levels may be too high or too low.
- You feel ill.

Normal blood glucose target ranges (from Standards of Medical Care in Diabetes-2024).

Time	Target Range (mg/dL)	Target Range (mmol/L)
Empty stomach	70-100	3.9-5.6
2 hours after a meal	<140	<7.8

(Note: 1 mmol/L = 18 mg/dL)

How many times per day should I test?

Diabetes Type	Number of Tests With Empty Stomach
Type 1	At least 3 times per day
Type 2	Test frequently to achieve your target range
Prenatal Diabetes	At least twice per day

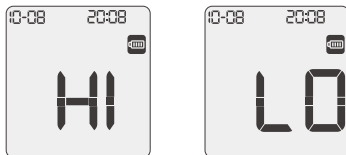
Research indicates that measuring your blood glucose at least three times per day will help you control your glucose level. Please discuss the number of tests and test times with your healthcare professional.

Record your blood sugar levels and other relevant information in your log book. Bring your records when you visit your healthcare professional. It will help him understand your condition, and help him modify your treatment plan.

▶ “HI” and “LO” Messages

Your meter can accurately measure blood glucose concentrations between 0.6-33.3 mmol/L (10-600 mg/dL). “HI” and “LO” messages indicate that the test measurement was outside of this range.

If “HI” is displayed, it indicates the test result is above 33.3 mmol/L (600 mg/dL). You should test again to ensure that no mistake was made in the procedure. If you are sure your glucose meter is functioning properly, no mistakes were made, and the test results still show “HI”, then you may be in a state of severe hyperglycemia, please contact your healthcare professional immediately.



The test results of this instrument are only intended for monitoring the efficacy of blood glucose control in diabetic patients, and shall not be used for the diagnosis or screening of diabetes, nor as a basis for adjusting therapeutic medications. If persistent abnormal results are observed in measurements, further examinations are recommended in conjunction with doctors' advice. Do not make any medical decisions without first consulting a healthcare provider.

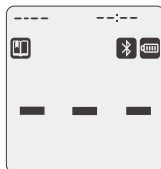
▶ Meter Memory

The storage capacities of blood glucose test results and control solution test results vary among different models of this blood glucose meter. The glucose meter can store up to 1000 test results of blood glucose with the corresponding time and date. The MCM-4 blood glucose meter can store 200 sets of control solution data, while both the MCM-6 and MCM-7 models can store 100 sets of control solution data each. For example, the Model MCM-7 blood glucose meter can store up to 1000 most recent blood glucose test results and 100 control solution test results. When the 1001st blood glucose data or the 101st control solution data is saved, the earliest stored blood glucose data or control solution data will be automatically overwritten.

▶ Memory Mode

1. Press the “M” button to enter memory mode. The “” icon and latest test result will be displayed.

If the blood glucose meter is used for the first time, “---” and “” will be displayed. The date will not be shown for the first test.



2. The stored test result along with the associated time and date are displayed at the same time. Test results marked with “#” icon will not be included in the 7, 14, 30, 60 and 90 day averages.
3. Press the “<” or “>” button to review all stored test results.
4. Press button “M” again to enter the data average screen. The number of days (“DAY AVG”) and number of readings (“READINGS”) used in the average calculation will be displayed. If no data has been recorded, then the meter will turn off.
5. Press the “M” button again, and then use the “<” or “>” buttons to scroll through the 7, 14, 30, 60, and 90 day averages. Press the “M” button to see the before meal and after meal marker averages. The meter will calculate the historical averages according to the parameters that you choose and the meter will show how many records are used to calculate the average.
6. If the meter has not been used for the amount of time indicated as the “day average”, the meter will not show an average.
7. Finally, press “M” one last time to turn off the meter.

Note: Test results marked as quality control test or with the “#” symbol will not be used in the calculated average.

▶ Display stored data of control solution test results

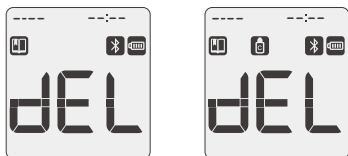
1. Press the “>” button to power on the meter and enter the control solution test memory mode. The most recent test result, together with the “” symbol and “” appear on the display screen.
2. Press the “<” or “>” button to scroll through all stored control solution test results. The “M” button will power off the meter.
3. If no quality control data is stored, pressing the “<” / “>” or “M” button will power off the meter.



▶ Clearing the Memory

Please be careful when using the clear memory function because the action is irreversible. Once the memory is deleted, it cannot be restored. The clear memory function will erase all test records.

1. While in the memory mode, press the “<” and “>” buttons at the same time enter the clear memory mode.



2. Press “M” to confirm that you would like all records to be erased. The “M” and “---” icons will display at the same time, and the meter will turn off automatically after a few seconds.
3. Press the “<” or “>” button to review all stored test results.

▶ Memory Data Transfer

Blood glucose meters Models MCM-4/MCM-6 are equipped with a wired data transmission function, while Models MCM-7 feature both wired data transmission and Bluetooth® functionality.

⦿ Note:

Please connect this blood glucose meter only with designated Bluetooth® receiving devices or computers with CCC certification.

⦿ Wired Data Transmission Operation Steps:

1. Contact our customer service to obtain the compatible software.
2. Insert the data cable when the meter is in sleep mode—the meter will then enter wired transmission mode.
3. Use the compatible software to retrieve the current blood glucose data stored in the meter.

⦿ Wired Data Transmission Operation Steps:

1. Contact our customer service to obtain the compatible software.
2. Enter the meter’s historical data query mode, or complete a blood glucose test (the meter will activate Bluetooth® automatically).
3. Use the compatible software to search for and pair with the corresponding blood glucose meter.
4. Once the connection is successful, retrieve the current blood glucose data stored in the meter.

▼ Maintenance

Proper maintenance of your meter is recommended for the best results.

▶ Storage

- Keep the test strip port area clean.
- Keep the meter dry. Do not allow liquids to enter the housings. Avoid extreme temperatures and humidity.
- Do not leave the meter in your car.
- Avoid dropping the meter. If you accidentally drop it, perform a quality control test (see page 11) to verify the system is working properly.
- Keep the meter and components away from children and pets.
- Do not disassemble the meter. Disassembly will void the warranty.
- Please follow the local regulations to dispose of the meter and battery properly.

▶ Replacing the Battery

When the blood glucose meter displays the battery symbol (🔋), it indicates that the battery is low on power. Please replace it with a new battery as soon as possible. If the error code “E-6” appears, it means the battery power is too low to perform any test operations. A new battery must be replaced immediately.

⦿ How to replace the battery:

1. Make sure the meter is off.
2. Open the battery door on the back of the meter.
3. Remove the old batteries and replace them with two new AAA batteries.
4. Replace the battery cover.
5. After replacing with new batteries, please recheck and reset the time of the blood glucose meter.

⦿ Note:

When the meter is powered on (or after exiting sleep mode), it will automatically power off after 2 minutes (± 5 seconds) of inactivity. Once the test strip is removed after a measurement, the meter will power off within 2 seconds.

► Cleaning

► Glucose Meter

Under normal circumstances, no special cleaning is required. If cleaning is needed, wear gloves before applying a mild detergent and water with a soft damp cloth. Be careful not to allow water, dirt, blood, or control solution inside of the meter. We recommend that you store the meter in the carrying case after use.

Your blood glucose meter is a precision instrument. Please be careful.

► Lancing Device

As needed, use a soft damp cloth moistened with soap and hot water to wipe the surface. Do not immerse the lancing device in water.

▼ Troubleshooting

Failure may occur if it is not used according to the guidance.

The meter has built-in messages to alert you of problems. When error messages appear, note the error number, turn off the meter, and then follow these instructions.

Display	Causes	Solution
Meter does not turn on	Battery may be damaged or not have enough charge	Replace the battery.
	Meter is too cold	Allow the meter to warm to room temperature for 30 minutes, then use.
E - 1	Strip error	Please be sure to use GoChek Max strip and repeat test with a new test strip.
E - 2	Test strip is wet, contaminated, or used Meter self test error Sample applied to the test strip too soon	Make sure that the strip has not expired, is not damp, or used. If the test strip is ok, remove the battery for 30 seconds, and retest with a new strip. If the problem persists, contact customer service.
E - 3	Insufficient sample	Retest with a new strip. Make sure there is enough blood to fill the test window.
E - 4	Test strip was removed during the test	Repeat the test and ensure test strip remains in place.
E - 5	Temperature exceeds the normal operating range (5°C ~ 45°C)	Move to a place within the normal operating temperature range and repeat the test.
	The battery is low, but may be used for another 20 tests (if bluetooth function is disabled)	The next 20 results will still be accurate, but replace the battery as soon as possible.
E - 6	The battery has been fully discharged - no more tests are possible	Replace the battery and repeat the test.
E - 7	Strip testing error	Repeat test. Please make sure fresh blood sample with intended hematocrit level is used. Please make sure blood sample is not contaminated. If problem persists, please contact local dealer.
HI	The meter has recorded a level that is higher than the meter test range	Repeat test. If you see HI again, contact your doctor immediately.
LO	The meter has recorded a level that is lower than the meter test range	Repeat test. If you see LO again, contact your doctor immediately.

▼ Warranty

Please complete the warranty card that came with this product and mail it to your dealer to register your purchase. Please keep your sales receipt and other related purchase documents. If the meter fails for any reason other than obvious abuse within the warranty period, we will repair or replace it free of charge. Please note the date of purchase.

Date of Purchase: _____

Note: The warranty covers only the blood glucose meter and does not include the battery

▼ Symbol Index

	Consult instructions for use		For in vitro diagnostic use
	Use-by date		Lot Number
	Manufacturer		DC Power
	Serial Number		Control Range
	Storage and Transportation Temperature		Waste Electrical and Electronic Equipment (WEEE)- Follow local requirements for proper disposal
	Humidity limitation		European Conformity
	Biohazard		Unique Device Identifier
	Model number		Caution
	Authorised representative in the European Union.		

Any serious injury or death that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established.

▼ Electromagnetic Compatibility

This meter meets the electromagnetic immunity requirements as per ISO 15197 Annex A. The chosen basis for electrostatic discharge immunity testing was basic standard IEC 61000-4-2. In addition, it meets the electromagnetic emissions requirements as per EN 61326. Its electromagnetic emission is thus low. Interference from other electrically driven equipment is not to be anticipated.

▼ Compliance Statements

▶ FCC Compliance

Please take attention that changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

▶ RF Exposure Statement

This device has been tested and meets applicable limits for Radio Frequency (RF) exposure.

Power: 2402MHz to 2480MHz :4 .42dBm for EU

▼ EU Conformity Statement

 Hereby, [Microtech Medical (Hangzhou) Co., Ltd. declares that the radio equipment type [Blood glucose meter is in compliance with Directive 2014/53/EU.

The full text of the EU declaration of conformity is available at the following internet address: <https://www.microtechmd.com/DoC.pdf>