

# Quick Guide to the Accu-Chek® Aviva Glucose Meter and the Accu-Chek® Aviva Plus Softclix Lancing Device

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## Introduction

When you need to switch to the Accu-Chek Aviva glucose meter or to the Accu-Chek Aviva Plus Softclix Lancing Device, leverage your Type 2 Diabetes management experience to make an easy transition with this guide. You will quickly learn how to conduct a basic test of your blood sugar (glucose) on these devices. For advanced features, read the comprehensive manual on the manufacturer's website (<https://www.accu-chek.com/download/file/fid/21156>).

## Why Switch to These Devices?

Your health insurance plan may cover only certain brands of glucose meters and supplies. When your insurance plan changes brands or when you change your insurance plan, you can avoid paying the full cost of future glucose testing supplies by switching to a meter that is covered by your insurance plan. Meter manufacturers typically also offer their own unique lancing devices. The procedures for using a glucose meter and a lancing device are generally similar between brands. With a little instruction, you can easily master glucose testing on these new devices with a minimum of disruption and keep on track with your diabetes control.

You may find it helpful to duplicate your glucose testing for a couple days using both the old meter and the new meter, until you are convinced that the new meter gives accurate results. If you prefer to continue using either your old glucose meter or old lancing device, you can choose to switch to just the new meter or to just the new lancing device.

## Equipment and Supplies Needed

You will need the following items to perform a single glucose check with the new devices:

- Accu-Chek Aviva glucose meter
- one Accu-Chek Aviva Plus test strip (more may be needed if you have problems)
- Accu-Chek Aviva Plus Softclix lancing device
- one Accu-Chek Aviva Plus Softclix lancet
- your glucose tracking log
- an alcohol pad to disinfect your skin test site
- a paper towel to dry your skin and to clean up

## Description of the Meter and Lancing Device

This guide covers the basic glucose testing functions of the Accu-Chek Aviva glucose meter (see Figure 1) and the Accu-Chek Aviva Plus Softclix lancing device (see Figure 2).



**Figure 1: Accu-Chek Aviva Glucose Meter and Test Strips**



**Figure 2: Accu-Chek Aviva Plus Softclix Lancing Device and Lancets**

## Warnings

***Danger!! Very low or very high glucose readings may indicate a medical emergency! Follow your medical provider's advice to manage glucose readings that are out of the normal range.***

**Caution! The lancet needles are very sharp when exposed! Be very careful not to accidentally prick yourself on the needle portion while inserting or replacing a lancet.**

*Reminder: Be sure to follow local regulations for disposing of used lancets.*

## Setting the Date and Time on your Meter

Follow these steps to ensure that the date and time in your meter are correct. This is important before testing your glucose. For example, your medical provider may upload your data directly from your meter and make treatment recommendations based on the times of the results.

1. Press the Power Button. The display lights up and shows a flashing picture of a test strip.
2. Press and hold the Power Button for four seconds until words "set-up" appear at the top right of the display. The **hour** field flashes.

3. Cycle through the date and time fields and adjust each value as needed. Use the arrow buttons to change a value and the Power Button to move to the next field. The fields are: **hour**, **minute**, **am** versus **pm**, **month**, **day**, and **year**. More advanced fields appear after the year, which you can ignore.
4. To save your changes and exit the setup, hold the Power Button for four seconds. The flashing test strip picture reappears.
5. Press the Power Button to turn off the meter.

## Preparing the Meter for a Test

Set up the meter with a test strip so that it will be ready while you obtain a blood sample in the following section. These steps assume the meter is turned off. If you need to turn off the meter, press the Power Button.

1. Remove one test strip from its container and replace the container cap to keep the remaining test strips secure and dry.
2. Insert the metallic, rectangular end of the test strip all the way into the meter. The meter automatically turns on, and the display lights up. A picture of a test strip appears in the display for three seconds.

*Note: If the test strip is not inserted all the way into the meter, and you later add a blood sample and then fully insert the test strip, you will get an error and will need to start over with a new test strip.*

*Note: If you accidentally insert two test strips into the meter, you will need to remove them and re-insert just one test strip.*

3. The display changes after three seconds to show a blood droplet. The meter is ready for a blood sample.

## Obtaining a Blood Sample with the Lancing Device

You have two minutes to complete these steps before the meter turns off. If necessary, you can reuse a lancet a few times, as long as you keep using the lancing device on the same person.

1. Make sure there is a lancet in the lancing device. If there is no lancet inside the device, follow the instructions below for inserting a lancet.
2. Wipe your skin test area with an alcohol pad, then either dry the area with a paper towel or wait for it to air-dry.
3. Check the depth setting on the lancing device and, if needed, turn the dial to adjust it. A larger number causes a deeper prick. Try a setting of **2** for fingertips, then adjust as needed for future tests.
4. Push down on the cap of the lancing device to load the lancet into position, much as you might prepare a retractable pen for writing. The side button turns yellow, indicating that the lancet is positioned for release.
5. Place the tip of the lancing device against your skin test site.
6. Press the yellow side button. The lancet needle pricks your skin, then the needle immediately retracts back into the lancing device.
7. Set aside the lancing device.

8. Gently squeeze the pricked skin area to encourage enough blood to appear. You will need a drop that is at least 1/16" across.
9. Make sure the meter display still shows a blood droplet.

*Note: If the meter turns off before you add blood to the test strip, remove the test strip and re-insert it into the meter. Then wait three seconds for the meter to be ready for a blood sample.*

*Note: If you apply blood to the inserted test strip while the meter is off or before the meter is ready, you will get an error when the meter proceeds to the ready stage, and you will have to start over with a new test strip.*

10. Hold the meter so that the small yellow area on the blue end of the inserted test strip touches the drop of blood. The test strip absorbs most of the blood sample, and the meter calculates the result. The result appears on the display.

*Note: If the blood sample is too small, you will get an error and will have to start over with a new test strip. You might need to prick an additional test area in order to obtain enough blood.*

11. Clean up your skin test area.

## Recording the Test Result

Review the glucose test result by following these steps.

***Danger!! Very low or very high glucose readings may indicate a medical emergency! Follow your medical provider's advice to manage glucose readings that are out of the normal range.***

1. Write the result in your tracking log.

*Note: If the meter turned off before you recorded the result, remove the test strip, and then press the left arrow button on the meter to see the last reading.*

2. Remove the test strip from the meter. The meter automatically turns off five seconds after a test strip is removed following a successful test.
3. Determine your next diabetes management action, based on the test result.

## Cleaning Up

1. Dispose of the used test strip properly.
2. Clean up any spills, then dispose of the cleaning items properly.
3. Leave the lancet in the lancing device for a few uses, as long as you keep using the lancing device on the same person.

## Replacing a Used Lancet or Inserting Your First Lancet

After a few times of reuse, follow these steps to replace a used lancet with a new one. You may also follow these steps if there is no lancet in your lancing device.

**Caution! The lancet needles are very sharp when exposed! Be very careful not to accidentally prick yourself on the needle portion while inserting or replacing a lancet.**

*Reminder: Be sure to follow local regulations for disposing of used lancets.*

1. Gently pull off the tip of the lancing device.
2. Carefully remove the used lancet, if one exists.
3. Secure any used lancet for disposal.
4. Hold the rounded end of a new lancet and insert the opposite end all the way into the lancing device.
5. Rotate the rounded end several times, then separate it from the rest of the lancet.
6. Discard the separated rounded portion.
7. Replace the tip of the lancing device, aligning the notch in the white area near the dial with the cut-out area in the other part of the device. Be sure to attach the parts firmly.

## Taking the Next Step

After determining your glucose level, proceed with your usual routine to manage diabetes, which might include injecting insulin, taking other medication, or eating.