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## One Touch Ultra Ultra2

# One Touch Ultra2 Blood Glucose Monitoring System Instruction Manual

**Model:** Ultra2

**Brand:** One Touch Ultra

## INTRODUCTION

This manual provides essential instructions for the safe and effective use of your One Touch Ultra2 Blood Glucose Monitoring System. Please read it thoroughly before first use and keep it for future reference.

The One Touch Ultra2 system is designed to help you monitor your blood glucose levels quickly and easily. It provides results in just 5 seconds, offering insights into how food choices affect your blood sugar.

### Key Features:

- Fast results in 5 seconds.
- Ability to view before- and after-meal averages.
- Helps track the impact of food choices on blood glucose over time.
- Simple one-touch operation.

## PACKAGE CONTENTS

Your One Touch Ultra2 System Kit typically includes the following components:

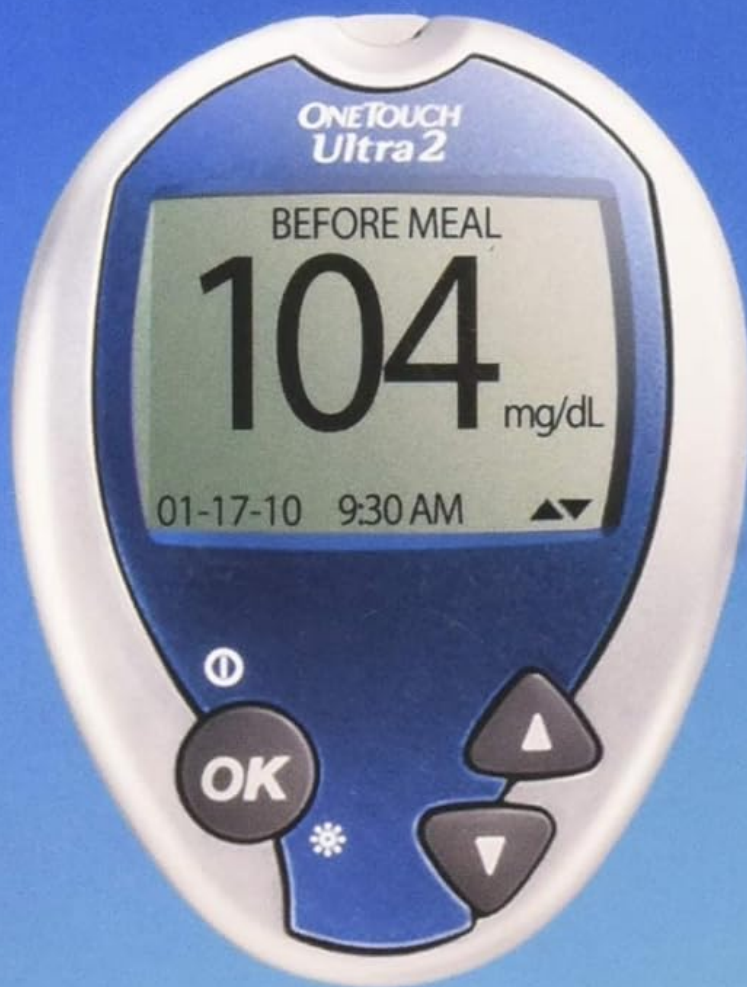
- One Touch Ultra2 Blood Glucose Meter
- One Touch Delica Lancing Device
- Lancets (quantity may vary)
- Test Strips (sample quantity, typically 10)
- Carrying Case
- Owner's Booklet / Instruction Manual

### Visual Reference:

# ONETOUCH<sup>®</sup>

## Ultra2

Blood Glucose Monitoring System  
Sistema de supervisión de glucosa en sangre



A Simple Way to See  
How Food Affects  
Your Blood Sugar

See side panel for kit contents.

Ver el contenido del kit en el panel lateral.

**Image Description:** Front view of the One Touch Ultra2 System Kit box, displaying the meter with a reading of "104 mg/dL" and the text "A Simple Way to See How Food Affects Your Blood Sugar."

**Do Not** use if seals are missing or broken. • **No** utilizar si los sellos están ausentes o rotos.

# ONETOUCH<sup>®</sup>

## Ultra2

**Blood Glucose Monitoring System**

**Sistema de supervisión de glucosa en sangre**

### **See the Effects of Food Choices Over Time**

- Before and after meal results
- Before and after meal averages
- 7, 14, and 30 day averages

### **Fast & Easy**

- Results in just 5 seconds
- Requires only a speck of blood

### **Vea los efectos de sus opciones de comidas a través del tiempo**

- Resultados antes y después de las comidas
- Promedios antes y después de las comidas
- Promedios de 7, 14 y 30 días

### **Rápido y fácil**

- Resultados en sólo 5 segundos
- Requiere solamente de una gotita de sangre

WITH

## Delica<sup>®</sup>

**Lancing Device**  
**Dispositivo de punción**



**Designed for comfortable testing**  
**Diseño para pruebas más cómodas**

Lancets available in two sizes (30G Fine & 33G Extra Fine)

Lancetas disponibles en dos tamaños (30G Finas & 33G Extra Finas)

**Image Description:** Back view of the One Touch Ultra2 System Kit box, highlighting features like "See the Effects of Food Choices Over Time" and "Fast & Easy" with the Delica Lancing Device shown.



**Image Description:** An open black carrying case containing the One Touch Ultra2 blood glucose meter and the white One Touch Delica lancing device.

## SETUP

### 1. Battery Installation

The One Touch Ultra2 meter requires 2 unknown batteries (typically CR2032 lithium coin cells, though specific type should be confirmed in the included manual). To install or replace batteries:

1. Locate the battery compartment on the back of the meter.
2. Open the battery cover.
3. Insert the batteries, ensuring correct polarity (+ and - signs).
4. Close the battery cover securely.

### 2. Setting Up the Meter

Upon first use or after battery replacement, you may need to set the date, time, and measurement units (mg/dL or mmol/L). Refer to the detailed instructions in your meter's owner's booklet for specific steps.

### 3. Preparing the Lancing Device

1. Remove the cap from the One Touch Delica Lancing Device.
2. Insert a new sterile lancet firmly into the lancet holder.
3. Twist off the protective cap from the lancet and save it for safe disposal.
4. Replace the lancing device cap.
5. Adjust the depth setting by rotating the cap. Start with a shallower setting (e.g., 2-3) and adjust as needed for a sufficient blood sample.
6. Pull back the priming handle until it clicks, indicating the device is ready to use.

## OPERATING INSTRUCTIONS: PERFORMING A BLOOD GLUCOSE TEST

Follow these steps to perform a blood glucose test:

1. **Wash Hands:** Wash your hands thoroughly with warm, soapy water and dry them completely.
2. **Insert Test Strip:** Insert a One Touch Ultra test strip into the meter's test strip port. The meter will turn on automatically.
3. **Obtain Blood Sample:** Place the lancing device firmly against the side of your fingertip and press the release button.
4. **Apply Blood:** Gently squeeze your finger until a small drop of blood forms. Touch the tip of the test strip to the blood drop. The blood will be drawn into the strip.
5. **Read Results:** The meter will display your blood glucose result in 5 seconds.
6. **Record Results:** The meter automatically stores your results. You can also manually record them if desired.
7. **Dispose of Lancet and Strip:** Carefully remove the lancet from the lancing device and dispose of it in a sharps container. Remove the used test strip from the meter and discard it properly.

## UNDERSTANDING YOUR RESULTS

The One Touch Ultra2 meter provides features to help you interpret your blood glucose readings:

### Before and After Meal Averages

The meter allows you to tag readings as "before meal" or "after meal." This feature helps you see the average glucose levels for these specific times, providing insight into how different foods affect your blood sugar.

### Tracking Trends

The meter stores up to 500 test results and can calculate 7, 14, and 30-day averages. Regularly reviewing these averages can help you identify patterns and understand the long-term effects of your diet and activity on your blood glucose management.

Consult your healthcare professional to understand your target blood glucose ranges and how to interpret your results in the context of your personal diabetes management plan.

## MAINTENANCE

### Cleaning the Meter

To clean your One Touch Ultra2 meter:

- Wipe the exterior of the meter with a soft, damp cloth.
- Use a mild detergent or a 70% isopropyl alcohol solution if necessary.
- Do not immerse the meter in water or any cleaning solution.
- Ensure no liquid enters the test strip port.

### Storage

Store the meter and test strips in a cool, dry place, away from direct sunlight and extreme temperatures. Keep them in the provided carrying case for protection.

### Test Strip Handling

- Always store test strips in their original vial with the cap tightly closed.
- Do not use expired test strips. Check the expiration date on the vial.
- Do not bend, cut, or alter test strips.

## TROUBLESHOOTING

If you encounter issues with your One Touch Ultra2 system, consider the following common solutions:

### Meter Not Turning On

- Check if the batteries are correctly installed.
- Replace the batteries with new ones.
- Ensure a test strip is inserted correctly.

## Error Messages

If an error code appears on the display, refer to your meter's owner's booklet for a detailed explanation of the code and recommended actions. Common issues include:

- **Insufficient Blood Sample:** Apply more blood to the strip if prompted, or use a new strip and retest.
- **Used or Damaged Test Strip:** Discard the current strip and use a new one.
- **Temperature Out of Range:** Ensure you are testing within the recommended operating temperature range (usually specified in the manual).

## Inaccurate Readings

- Ensure test strips are not expired and are stored correctly.
- Verify the meter is clean and free of debris.
- Perform a control solution test to check meter and strip accuracy (control solution sold separately).
- Consult your healthcare professional if you suspect consistently inaccurate readings.

If problems persist, contact One Touch customer support for assistance.

## SPECIFICATIONS

| Feature                | Detail   |
|------------------------|--|
| Model Name             | Ultra2   |
| Item Model Number      | BD14606  |
| Brand                  | One Touch Ultra                                |
| Dimensions (L x W x H) | 7" x 4" x 5"                                   |
| Item Weight            | 7.05 Ounces                                    |
| Batteries Required     | 2 Unknown batteries (Lithium Cell Composition) |
| Results Time           | 5 seconds                                      |
| Memory Capacity        | Up to 500 test results                         |

## WARRANTY AND SUPPORT

For specific warranty information, please refer to the warranty card included with your One Touch Ultra2 System Kit or visit the official One Touch website. Keep your purchase receipt as proof of purchase.

For technical support, troubleshooting assistance, or to order replacement parts, please contact One Touch customer service. Contact details are typically found in your owner's booklet or on the manufacturer's website.