

Freestyle Freestyle Lite

Freestyle Lite Blood Glucose Monitoring System User Manual

Model: Freestyle Lite

1. INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of the Freestyle Lite Blood Glucose Monitoring System. Please read this manual thoroughly before using the device for the first time and keep it for future reference. This system is designed for self-testing of blood glucose levels by people with diabetes at home.

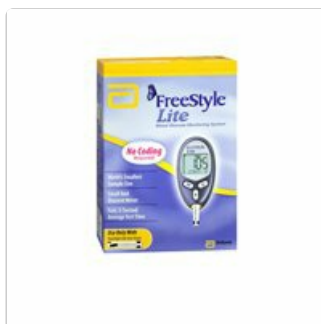


Image 1.1: Packaging of the Freestyle Lite Blood Glucose Monitoring System, showing the meter and test strips.

2. SAFETY INFORMATION

Always follow basic safety precautions when using electrical products, especially when children are present. This device is for *in vitro* diagnostic use only. Do not use for the diagnosis of diabetes. Consult your healthcare professional for interpretation of results.

- Keep the device and all accessories out of reach of young children.
- Do not use the system if it appears damaged.
- Dispose of used lancets and test strips properly in a sharps container.
- Do not share lancets or lancing devices.

3. PACKAGE CONTENTS

Verify that all items are present in your Freestyle Lite Blood Glucose Monitoring System package:

- Freestyle Lite Blood Glucose Meter
- Freestyle Lite Test Strips (quantity as per package)
- Lancing Device
- Lancets (quantity as per package)
- Control Solution (optional, may be sold separately)
- Carrying Case
- Owner's Manual (this document)
- Quick Reference Guide

4. SETUP

4.1. Installing Batteries

The Freestyle Lite meter uses two 3-volt lithium button cell batteries (CR2032). To install or replace batteries:

1. Locate the battery compartment cover on the back of the meter.
2. Use a small coin to open the battery cover by turning it counter-clockwise.
3. Insert the batteries with the positive (+) side facing up.
4. Replace the battery cover and turn clockwise to secure.

4.2. Setting Date and Time

It is important to set the correct date and time for accurate record-keeping. Refer to the Quick Reference Guide or the meter's on-screen prompts for detailed instructions on setting these parameters.

4.3. Preparing the Lancing Device

1. Unscrew the lancing device cap.
2. Insert a new lancet firmly into the lancet holder.
3. Twist off the protective cap of the lancet.
4. Replace the lancing device cap.
5. Adjust the penetration depth setting on the lancing device (start with a lower setting and adjust as needed).
6. Pull back the cocking mechanism until it clicks. The device is now ready to use.

5. OPERATING INSTRUCTIONS

5.1. Performing a Blood Glucose Test

Follow these steps to perform a blood glucose test:

1. Wash your hands with soap and warm water, then dry them thoroughly.
2. Remove a Freestyle Lite Test Strip from its vial and immediately close the vial cap tightly.
3. Insert the test strip into the meter's test strip port. The meter will turn on automatically.
4. When the blood drop symbol appears on the display, use the prepared lancing device to prick the side of your fingertip.

5. Gently squeeze your finger to form a small drop of blood.
6. Touch the tip of the test strip to the blood drop. The blood will be drawn into the strip.
7. Hold the strip to the blood drop until the meter beeps and the countdown begins.
8. Your blood glucose result will appear on the display in approximately 5 seconds.
9. Remove the used test strip from the meter and dispose of it properly.
10. Dispose of the used lancet in a sharps container.

5.2. Control Solution Testing

Control solution testing verifies that the meter and test strips are working correctly. Perform a control solution test when:

- You open a new vial of test strips.
- You suspect the meter or test strips are not working correctly.
- You have dropped the meter.
- Your test results do not match how you feel.

Refer to the control solution instructions for specific procedures and acceptable ranges.

6. MAINTENANCE

6.1. Cleaning the Meter

Clean the exterior of the meter regularly with a soft, damp cloth. Do not immerse the meter in water or use harsh cleaning agents. Ensure no liquid enters the test strip port.

6.2. Storage

Store the Freestyle Lite meter and test strips in a cool, dry place, away from direct sunlight and extreme temperatures. Keep test strips in their original vial with the cap tightly closed. Do not refrigerate.

7. TROUBLESHOOTING

If you encounter issues with your Freestyle Lite Blood Glucose Monitoring System, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Meter does not turn on.	Dead batteries or incorrect battery insertion.	Replace batteries, ensuring correct polarity.
Error message displayed.	Improper test strip insertion, insufficient blood sample, or damaged strip.	Refer to the meter's manual for specific error codes. Re-insert strip correctly, apply sufficient blood, or use a new strip.
Results seem inaccurate.	Expired test strips, improper storage, or control solution needed.	Check strip expiry date. Ensure proper storage. Perform a control solution test. Consult healthcare professional.

For further assistance, contact customer support.

8. SPECIFICATIONS

- **Measurement Range:** 20-500 mg/dL (1.1-27.8 mmol/L)
- **Sample Size:** 0.3 microliters
- **Test Time:** Approximately 5 seconds
- **Memory:** Stores up to 400 results with date and time
- **Battery Type:** Two 3-volt lithium button cell batteries (CR2032)
- **Battery Life:** Approximately 1000 tests
- **Operating Temperature:** 50°F to 104°F (10°C to 40°C)
- **Operating Humidity:** 10% to 90% (non-condensing)
- **Dimensions:** (Refer to product packaging for exact dimensions, typically compact)
- **Weight:** (Refer to product packaging for exact weight, typically light)

Note: Specifications are subject to change without notice.

9. WARRANTY AND SUPPORT

The Freestyle Lite Blood Glucose Monitoring System typically comes with a limited warranty. Please refer to the warranty card included in your product package for specific terms and conditions, including the warranty period and coverage details. Keep your proof of purchase.

Customer Support:

For technical assistance, product inquiries, or to report any issues, please contact Freestyle customer support:

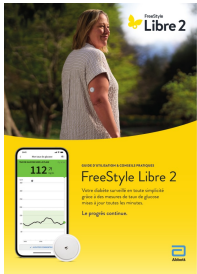
- **Website:** www.freestyle.com (This is a placeholder, actual URL may vary)
- **Phone:** 1-800-XXX-XXXX (This is a placeholder, actual number may vary)

Please have your meter's serial number ready when contacting support.

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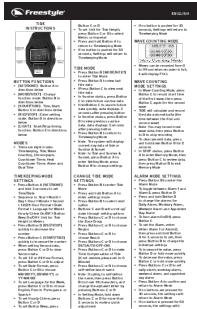
This manual is for informational purposes only and does not replace professional medical advice.

Related Documents - Freestyle Lite



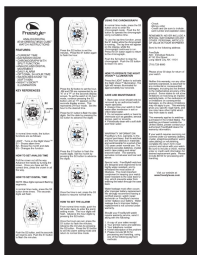
[FreeStyle Libre 2 User Guide: Simple Diabetes Monitoring](#)

Comprehensive user guide for the FreeStyle Libre 2 system, detailing setup, usage, understanding glucose monitoring, app integration, and support. Learn how to manage your diabetes with continuous glucose monitoring.



[Freestyle Shark Tide 250 Watch: User Manual and Instructions](#)

Comprehensive guide to operating your Freestyle Shark Tide 250 watch, covering timekeeping, tide mode, wave counting, alarms, chronograph, countdown timers, and dual time functions. Learn how to set and use all features.



[Freestyle Analog/Digital Watch Instructions and Service Information](#)

Comprehensive instructions for Freestyle #749 Orbital and #520 Cube analog/digital watches, including features, time setting, alarm, chronograph, care, maintenance, and warranty service details. Includes a parts and service order form.



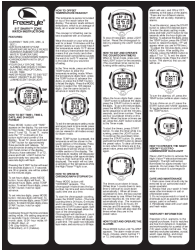
[Freestyle 904 Targa Watch Instructions and Warranty](#)

Comprehensive instructions for setting and operating the Freestyle 904 Targa watch, including features, stopwatch, alarm, backlight, care, and warranty information.



[Freestyle 722 Lady Predator Watch: Features, Instructions, and Warranty](#)

Comprehensive guide to the Freestyle 722 Lady Predator watch, covering features, time setting, alarms, chronograph, timer, pacer, and warranty information.



[Freestyle 817 Shark Zone Watch Instructions Manual](#)

Comprehensive instructions for the Freestyle 817 Shark Zone watch, covering features, time setting, temperature readout, chronograph, countdown timers, alarms, Night Vision backlight, care, and warranty information.