

Accu-Chek ACCU-CHEK INSTANT MG/DL SC SET APAC-

Accu-Chek Instant Blood Glucose Glucometer User Manual

Model: ACCU-CHEK INSTANT MG/DL SC SET APAC-

INTRODUCTION

This user manual provides essential information for the safe and effective use of your Accu-Chek Instant Blood Glucose Glucometer. Please read this manual thoroughly before using the device for the first time and keep it for future reference. The Accu-Chek Instant system is designed for self-testing of blood glucose by people with diabetes at home and by healthcare professionals in clinical settings.

WHAT'S IN THE BOX

Your Accu-Chek Instant Blood Glucose Glucometer kit includes the following components:

- Accu-Chek Instant meter with pre-installed batteries
- Accu-Chek Softclix lancing device
- Accu-Chek Softclix lancets (10 count)
- Accu-Chek Instant test strips (10 count vial)
- Carry case
- Instructions for use (this manual)
- Quick Start Guide

What's in the box?



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Image: The Accu-Chek Instant kit showing the glucometer, Softclix lancing device, a vial of test strips, and a pack of lancets, all neatly arranged with a carry case.

SETUP

1. Battery Installation (if required)

The Accu-Chek Instant meter typically comes with batteries pre-installed. If you need to replace them, open the battery compartment on the back of the meter and insert one CR2032 coin cell battery, ensuring the positive (+) side faces up. Close the compartment securely.

2. Setting up the Accu-Chek Softclix Lancing Device

1. Remove the cap from the lancing device.
2. Insert a new lancet into the lancet holder until it clicks.
3. Twist off the protective cap from the lancet and save it for safe disposal.
4. Replace the lancing device cap.

5. Adjust the penetration depth by rotating the cap. Start with a lower setting (e.g., 2) and adjust as needed for a sufficient blood sample.
6. Prime the lancing device by pressing the priming button until it clicks. The release button will turn yellow.

Designed for virtually pain-free testing*

Accu-Chek Softclix Lancing Device



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Image: Detailed view of the Accu-Chek Softclix Lancing Device, highlighting its rotatable cap for depth adjustment and the ejection button for hygienic lancet disposal.

3. Bluetooth Pairing with mySugr App

The Accu-Chek Instant meter can wirelessly synchronize with the mySugr diabetes management app. To pair:

1. Download the mySugr app from your smartphone's app store (Google Play or Apple App Store).
2. Open the mySugr app and follow the on-screen instructions to create an account or log in.
3. Navigate to the "Connections" or "Devices" section within the app.
4. Select "Accu-Chek Instant" and follow the pairing instructions provided by the app. Ensure your meter is turned on and within Bluetooth range.

Effortlessly pair Accu-Chek Instant with mySugr App



**Estimated
HbA1c**



**Automatic
data logging**



**Digital reports to
share with your
doctor and family**

Connects with  mySugr

GET IT ON
 Google Play

Download on the
 App Store



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Image: The Accu-Chek Instant meter shown alongside a smartphone running the mySugr app, illustrating the seamless data synchronization and reporting capabilities.

OPERATING THE DEVICE

Performing a Blood Glucose Test

1. **Prepare:** Wash and dry your hands thoroughly.
2. **Insert Test Strip:** Insert a metallic end of an Accu-Chek Instant test strip into the meter. The meter will turn on automatically.
3. **Lance Finger:** Use the lancing device to obtain a drop of blood from your fingertip.
4. **Apply Blood:** Touch the yellow edge of the test strip to the blood drop. Do not apply blood to the top of the strip. The meter will beep and a flashing hourglass symbol will appear.
5. **Read Result:** Your blood glucose result will appear on the display in less than four seconds.

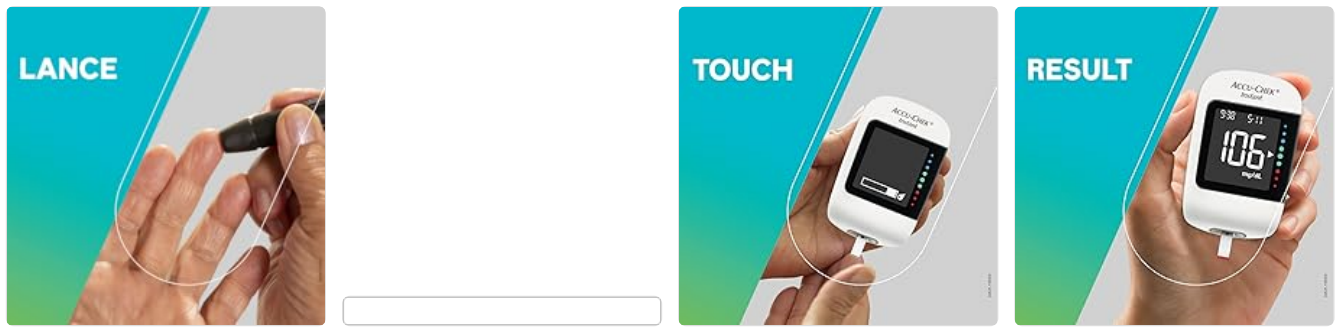


Image: A sequence of four images demonstrating the steps for blood glucose testing: lancing the finger, squeezing for a blood drop, touching the test strip to the blood, and viewing the result on the meter.

Understanding the Target Range Indicator

The Accu-Chek Instant meter features an intuitive target range indicator. After a test, a colored dot will appear next to your result, indicating if your blood glucose level is within, above, or below your target range.

Green Dot: Indicates your result is within the target range (70-160 mg/dL).

Blue Dot: Indicates your result is above the target range (161-600 mg/dL).

Red Dot: Indicates your result is below the target range (10-69 mg/dL).

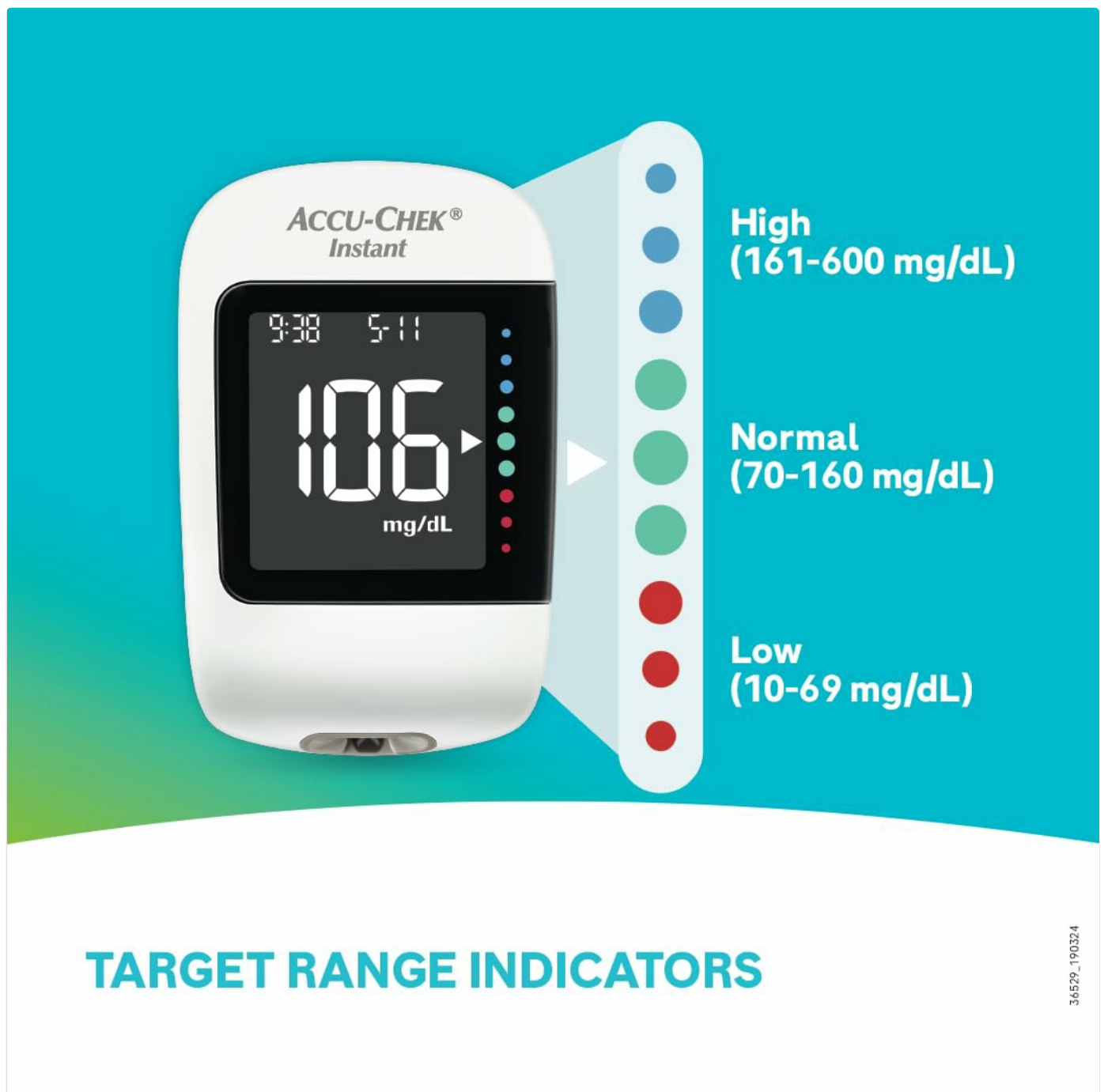


Image: The Accu-Chek Instant meter with its display showing a blood glucose reading and a visual guide to the target range indicator, categorizing results as High (blue), Normal (green), and Low (red).

Meter Navigation and Display

The meter has a bright, backlit display for easy readability. It features two buttons for simple navigation, allowing you to view past results and averages. The strip ejector button ensures hygienic disposal of used test strips.



Image: A collage of images showing the Accu-Chek Instant meter's bright backlit display, the strip ejector button for hygienic disposal, and

MAINTENANCE

Cleaning the Meter

Clean the meter regularly to ensure proper function. Use a soft cloth dampened with water or a mild cleaning solution (e.g., 70% isopropyl alcohol). Do not immerse the meter in water or spray cleaning solution directly onto it.

Storage

Store the meter and test strips in their original containers in a cool, dry place, away from direct sunlight and extreme temperatures. Refer to the test strip packaging for specific storage temperature ranges. Keep out of reach of children.

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.
- Use test strips immediately after removing them from the vial.
- Avoid touching the test pad area of the strip.

TROUBLESHOOTING

Common Issues and Solutions

Issue	Possible Cause	Solution
Meter does not turn on.	Dead or incorrectly inserted battery.	Check battery orientation or replace with a new CR2032 battery.
Error message on display.	Incorrect test strip insertion, insufficient blood sample, or damaged strip.	Ensure strip is fully inserted. Apply sufficient blood. Use a new test strip. Refer to the Quick Start Guide for specific error codes.
Result seems inaccurate.	Expired test strips, improper storage, contamination, or incorrect testing procedure.	Check strip expiration date. Ensure proper storage. Re-read testing procedure carefully. Consult a healthcare professional if concerns persist.
Cannot pair with mySugr app.	Bluetooth off, meter not in pairing mode, or app issue.	Ensure Bluetooth is enabled on your phone. Restart meter and app. Follow app pairing instructions precisely.

If you encounter an issue not listed here or if the suggested solutions do not resolve the problem, please contact Accu-Chek Customer Support.

SPECIFICATIONS

Feature	Detail
Model Name	Instant Blood Glucose Glucometer
Item Model Number	ACCU-CHEK INSTANT MG/DL SC SET APAC-

Feature	Detail
Operating Time	Less than 4 seconds
Memory Capacity	At least 720 blood glucose results (last result and 7, 30, 90 day averages viewable on meter)
Power Source	1 x CR2032 Lithium Metal battery (included)
Battery Life	Approximately 30 days (usage dependent)
Dimensions (LxWxH)	16.5 x 13.5 x 6.5 cm
Item Weight	260 g
Country of Origin	Germany
Manufacturer	Roche Diabetes Care GmbH




WARRANTY AND SUPPORT

The Accu-Chek Instant Blood Glucose Glucometer comes with a manufacturer's warranty. Please refer to the "Warranty Details" document included in your product packaging for specific terms and conditions. For technical assistance, product inquiries, or to report any issues, please contact Accu-Chek Customer Support. Contact information can typically be found on the Accu-Chek official website or on the product packaging.

It is recommended to register your product to receive updates and support.

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Related Documents - ACCU-CHEK INSTANT MG/DL SC SET APAC-

	<p>Accu-Chek Instant Blood Glucose Meter User Guide and Support</p> <p>Comprehensive guide to using the Accu-Chek Instant blood glucose meter, including setup, testing, connecting with the mySugr app, and customer support information.</p>
	<p>Accu-Chek Instant & Softclix: Blood Sugar Measurement and Blood Collection Guide</p> <p>A comprehensive guide detailing the steps for measuring blood sugar with the Accu-Chek Instant meter and collecting blood samples using the Accu-Chek Softclix lancing device.</p>
	<p>Accu-Chek Mobile: Measure Your Blood Glucose Anytime, Anywhere</p> <p>A concise guide to using the Accu-Chek Mobile blood glucose meter, covering setup, measuring blood glucose in four easy steps, and changing test cartridges and lancets for accurate diabetes management.</p>



[Accu-Chek Instant Blood Glucose Monitoring System: User Guide and Technical Specifications](#)

Comprehensive information on the Accu-Chek Instant blood glucose meter and test strips, including intended use, performance characteristics, user guidelines, and healthcare professional information.



[Accu-Chek Instant Quick Reference Guide](#)

A quick reference guide for the Accu-Chek Instant blood glucose monitoring system, detailing how to perform a blood glucose test and set up the lancing device.



[Accu-Chek Instant Quick Reference Guide: Blood Glucose Monitoring](#)

A quick reference guide for the Accu-Chek Instant blood glucose meter. Learn how to perform blood glucose tests, set up the device, change batteries, and use the Accu-Chek FastClix lancing device for diabetes management.