

TIPS TO REMOVE A TEST STRIP FROM YOUR SPILL-RESISTANT VIAL!

Using your thumb or whichever finger is most comfortable for you, try one of these techniques to find which works best for you.

Accu-Chek® Guide Me system



Remember to follow all instructions in the package insert, including:

- Wash and dry hands thoroughly
- Do not bend the test strips
- Do not get dirt on the test strip
- Close the cap tightly when finished

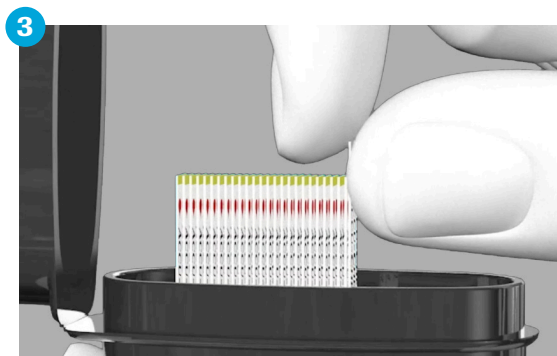
If you have any questions, please call **Accu-Chek Enquiry Line: 1800 251 816**



FRONT SLIDE. Place any finger on the front test strip and press in while sliding your finger up to raise, then pull it out.



SIDE PINCH. Grasp the sides of the outermost test strip with a pinching action as you pull up.



PINCH AND PULL. Place your index finger on top of the test strips. Then with your thumb, press in against the test strips and slide the front test strip up to pull it out in one motion.



BACK SLIDE. Place your finger on the back test strip and press in against the test strips. Slide your finger up to raise, then pull it out.