

In Touch®

Glucose Control Solution Instructions For Use

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health

PRINCIPLE AND INTENDED USE

The **In Touch® Control Solution** contains a known concentration of glucose. It is used to confirm that your **In Touch® Test Strips** and **In Touch® Blood Glucose Meter** are properly working together. It also confirms that you are performing the test correctly.

You should perform a quality control test:

- Before you use your meter for the first time. This will help you get used to this test.
- Before using a new box of test strips.
- When you suspect that the meter or test strips are not working properly.
- When you suspect that your test results are inaccurate. Or if they do not match with how you feel.
- If you suspect your meter is damaged.
- At least once a week.
- After cleaning your meter.

Two levels of control solution are available. They are Control Solution 1 and Control Solution 2. Control Solution 1 is sufficient for most self-testing needs. If you think your meter or strips may not be working correctly, you may also want to do a level 2 test.

COMPOSITION

Control solution 1 contains less than 0.2% glucose (active ingredient). Control Solution 2 contains less than 0.4% glucose (active ingredient). Both have preservatives in an aqueous based mixture.

STORAGE AND HANDLING

- Store the control solution at 41-86°F (5-30°C) and 10-90% relative humidity.
- If the control solution is cold, do not use until it has warmed to room temperature.
- Use before the unopened expiration date that is shown on the bottle.

Note: All expiration dates are printed in Year/Month format. 2015/01 indicates January, 2015.

- Use the control solution only for 6 months after you first open it. The control solution will expire 6 months after the bottle is opened for the first time. Record this opened expiration date on the bottle label.

PRECAUTIONS

- For *in vitro* diagnostic use. Use the control solution to test only outside the body. Do not swallow or inject. For self-testing use.
- Shake well before using.
- To get accurate results, do control solution testing between 50 and 104°F (10-40°C).
- The control ranges shown on the test strip vial (or on the foil pouch) are not a recommended range for your blood glucose level. Figure out your personal blood glucose target ranges with your doctor.
- Do not touch the end of the test strip to the control solution bottle. This could cause contaminants to enter the control solution bottle.
- Use only **In Touch®** brand control solution with your **In Touch®** brand meter and **In Touch® Test Strips**.

MATERIALS PROVIDED

- Control Solution
 - Package Insert
- Please contact Customer Support at **1-800-945-4355** for more information on obtaining a control solution kit.

MATERIALS REQUIRED BUT NOT PROVIDED

- Meter
- Test Strips

INSTRUCTIONS FOR USE

1. Insert a new test strip to turn on the meter. Refer to your meter's Owner's Manual for detailed operating instructions.
 2. Shake the control solution bottle thoroughly.
 3. Squeeze the control solution bottle gently. Discard the first drop. If the tip clogs, tap the tip gently on a clean, hard surface. Shake again, and then use.
 4. Squeeze out a second small drop on a clean nonabsorbent surface. Touch the sample tip of the test strip to the control solution drop. Ensure the strip gets enough sample.
- Notes: Do not apply control solution to the test strip straight from the bottle. If the control solution sample does not completely fill the check window, do not add a second drop. Discard the test strip and start over with a new test strip.**
5. Read the result from the meter display. The meter will automatically detect the control solution and mark it as a control test separate from normal blood glucose test results.

Manufactured for Livongo Health by:

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Made in China

EXPECTED RESULTS

Make sure the control solution test results are in the control range. The ranges for both CTRL 1 and CTRL 2 are displayed on the test strip vial (or on the foil pouch). For confirmation of results, Control Solution 1 tests should fall within the CTRL 1 range. Control Solution 2 tests should fall within the CTRL 2 range. If the test results are in the respective ranges, this means your **In Touch® Blood Glucose Monitoring System** is working right and you are doing the procedure correctly.

If the control solution test results do not fall within the respective ranges:

- Check the expiration date of the test strip and control solution. Make sure that the test strip vial and the control solution bottle have not been open for more than 6 months. Throw away any expired test strips or control solution.
- Make sure you are testing at a temperature between 50 and 104°F (10-40°C).
- Make sure that the test strip vial and the control solution bottle have been tightly capped.
- Confirm that you are using **In Touch®** brand control solution.
- Make sure that you followed the test procedure correctly.

After checking everything listed above, repeat the control solution test with a new test strip. If your results still fall outside the range indicated on the test strip vial label or on the foil pouch, your meter may not be working properly. DO NOT use the system to test blood. Contact Customer Support for help. For complete instructions, please refer to the User's Manual included with your meter. For additional questions or issues with this product, please contact Customer Support at **1-800-945-4355**. Customer Service is open 24 hours a day, 365 days a year.

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