



D40 Pro

BLOOD GLUCOSE MONITORING SYSTEM



Quick Start User Guide

ForaCare Suisse AG
 Neugasse 55, 9000 St.Gallen, Switzerland
 TEL: +41-71-220-1001
 FAX: +41-71-220-1075
 www.foracare.ch

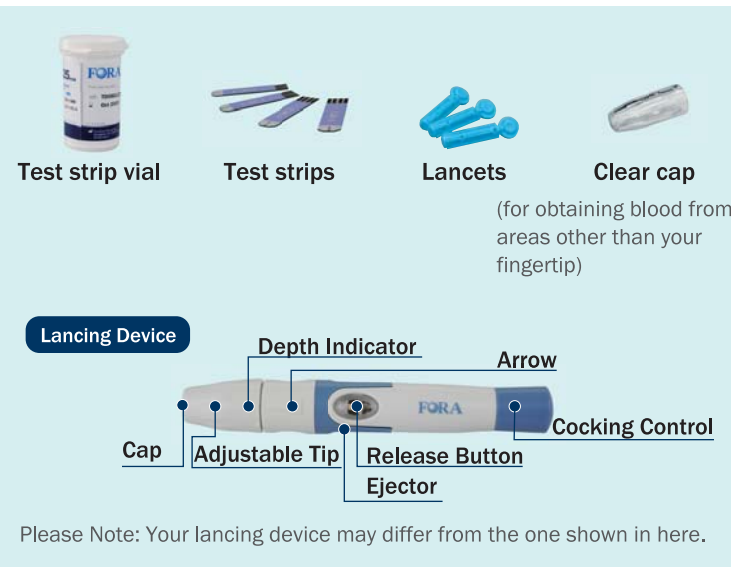


Dear FORA D40 Pro System Owner:

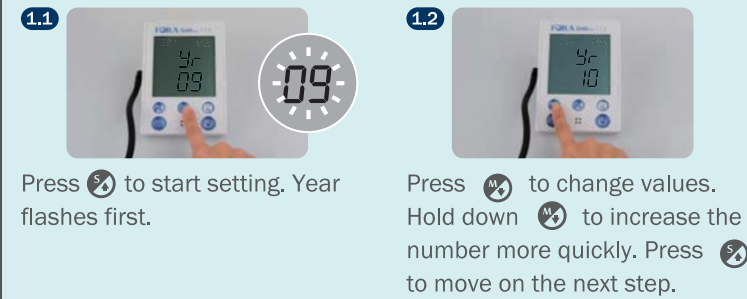
Thank you for choosing FORA D40 Pro Blood Glucose Monitoring System to take control of your diabetes.

FORA D40 Pro will help you keep track of your blood glucose levels.

The Quick Start User Guide will assist you in setting up the system and testing your blood glucose levels. Please read it carefully before use. For complete information on the system's use and features, please refer to the Owner's Manual.



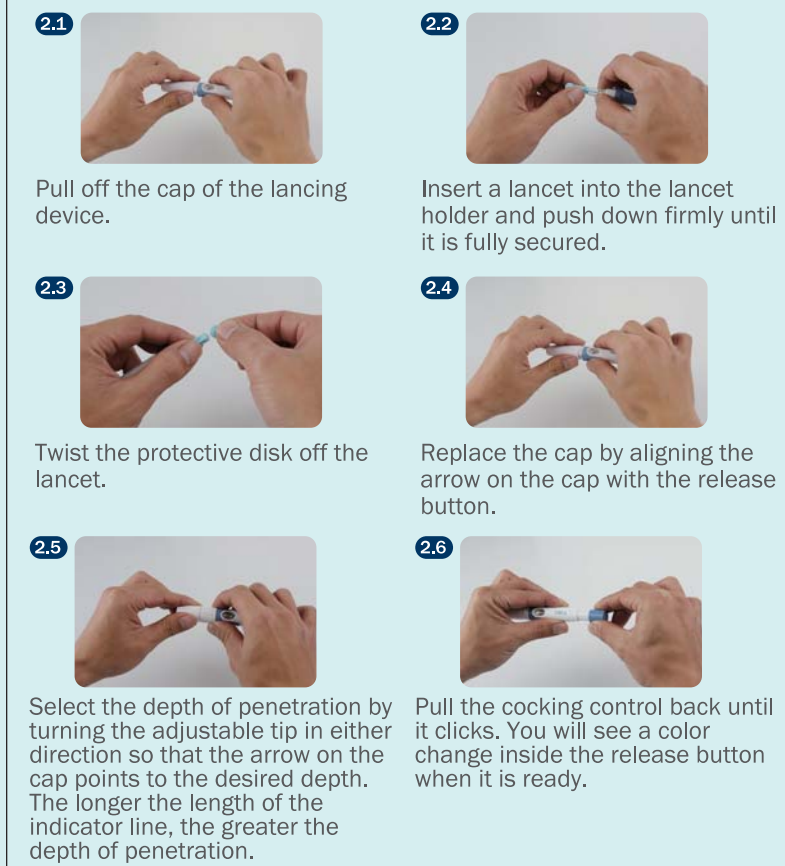
1. Set The Monitor



Date flashes. Follow **1.2** to make changes. The sequence of settings is:
 (1) the date
 (2) time
 (3) AM / PM
 (4) memory deletion → OFF

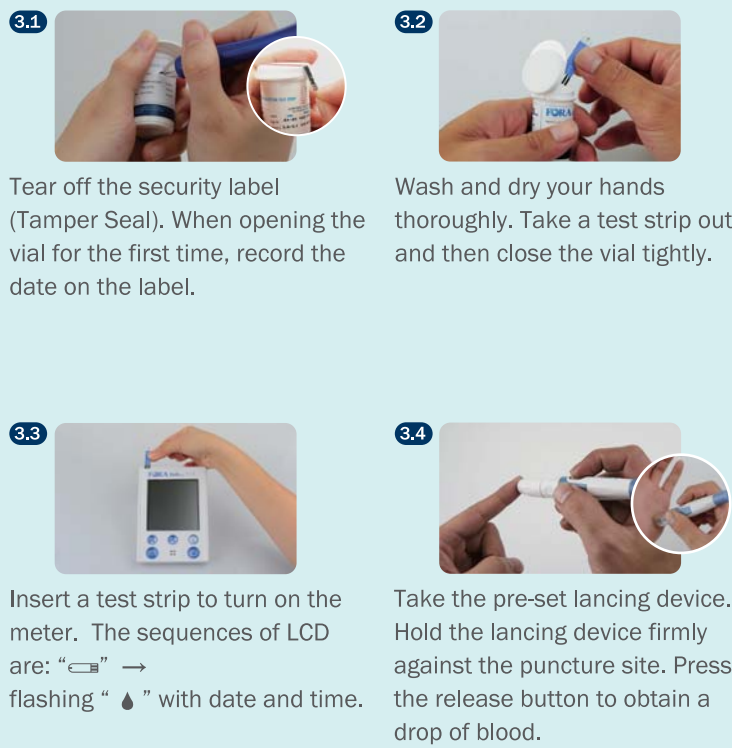
The meter will automatically turn off when the setting is complete. For memory deletion, please refer to the Owner's Manual for details.

2. Set The Lancing Device

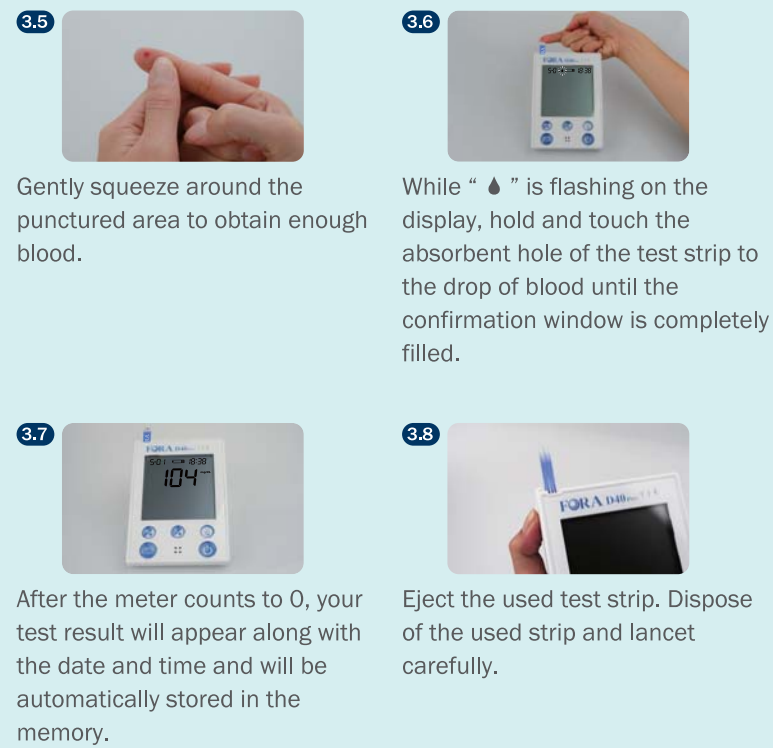


If your lancing device differs from the one shown here, please refer to the manufacturer's manual to ensure proper usage.

3. Test Your Blood Glucose



3. Test Your Blood Glucose



For testing with control solution, please refer to the Owner's Manual for detailed information.

4. Read Your Result

Your result will display the following messages:

Appears	When glucose
Lo	< 20 mg/dL (1.1mmol/L)
☹️ LOW	20-69 mg/dL (1.1-3.8 mmol/L)
😊	70-119 mg/dL (3.9-6.6 mmol/L)
☹️ HIGH	≥ 120 mg/dL (6.6 mmol/L)
KETONE?	≥ 240 mg/dL (13.3 mmol/L)
Hi	> 600 mg/dL (33.3mmol/L)

4. Read Your Result

Reference values :

Time of day	Normal plasma glucose range for people without diabetes
Fasting and before meals	Less than 100 mg/dL (5.6 mmol/L)
2 hours after a meal	Less than 140 mg/dL (7.8 mmol/L)

Source: American Diabetes Association (2008). Clinical Practice Recommendations. Diabetes Care, 31 (Supplement 1): S1-108.

Please consult your doctor to determine a target range that works best for you.