Dear FORA G31 System Owner:

Thank you for purchasing the **FORA G31** Blood Glucose Monitoring System. This manual provides important information to help you to use the system properly. Before using this product, please read the following contents thoroughly and carefully.

Regular monitoring of your blood glucose levels can help you and your doctor gain better control of your diabetes. Due to its compact size and easy operation, you can use the **FORA G31** Blood Glucose Monitoring System to easily monitor your blood glucose levels by yourself anywhere, any time.

If you have other questions regarding this product, please contact the place of purchase or call the local customer service.

IMPORTANT SAFTY INSTRUCTIONS
READ BEFORE USE

1. Use this device **ONLY** for the intended use described in this manual.

2. Do **NOT** use accessories which are not specified by the manufacturer.

3. Do **NOT** use the device if it is not working properly or damaged.

4. Do **NOT** use the equipment where aerosol sprays are being used or where oxygen is being administered.

5. Do **NOT** use under any circumstances on newborns or infants.

6. This device does **NOT** serve as a cure for any symptoms or diseases. The data measured is for reference only. Always consult your physician to have the results interpreted.

7. Before using this device to test blood glucose, read all instructions thoroughly and practice the test. Do all quality control checks as directed.

8. Keep the device and testing supplies away from young children. Small items such as the battery cover, batteries, test strips, lancets and vial caps are choking hazards.

9. Use of this instrument in a dry environment, especially if synthetic materials are present (synthetic clothing, carpets etc.) may cause damaging static discharges that may cause erroneous results.

10. Do **NOT** use this instrument in close proximity to sources of strong electromagnetic radiation, as these may interfere with the correct operation.

KEEP THESE INSTRUCTIONS IN A SAFE PLACE

TABLE OF CONTENTS

BEFORE YOU BEGIN

Important Information

- Severe dehydration and excessive water loss may cause readings which are lower than actual values. If you believe you are suffering from severe dehydration, consult a healthcare professional immediately.

- If your blood glucose results are lower or higher than usual, and you do not have symptoms of illness, first repeat the test. If you have symptoms or continue to get results higher or lower than usual, follow the treatment advice of your healthcare professional.

- Use only fresh whole blood sample to test your blood glucose. Using other substances will lead to incorrect results.

- If you are experiencing symptoms that are inconsistent with your blood glucose test results and you have followed all instructions described in this owner's manual, call your healthcare professional.

- We do not recommend using this product on severely hypotensive individuals or patients in shock. Readings which are lower than actual values may occur for individuals experiencing a hyperglycaemic-hyperosmolar state, with or without ketosis. Please consult the healthcare professional before use.

Intended Use

This system is intended for use outside the body (*in vitro* diagnostic use) by people with diabetes at home and by health care professionals in clinical settings as an aid to monitoring the effectiveness of diabetes control. It is intended to be used for the quantitative measurement of glucose (sugar) in fresh whole blood samples (from the finger, palm, forearm, upper arm, calf and thigh).

It should not be used for the diagnosis of diabetes, or testing on newborns.

Test Principle

Your system measures the amount of sugar (glucose) in whole blood. The glucose testing is based on the measurement of electrical current generated by the reaction of glucose with the reagent of the strip. The meter measures the current, calculates the blood glucose level, and displays the result. The strength of the current produced by the reaction depends on the amount of glucose in the blood sample.

## Contents of System

Your new **FORA G31** system kit includes:
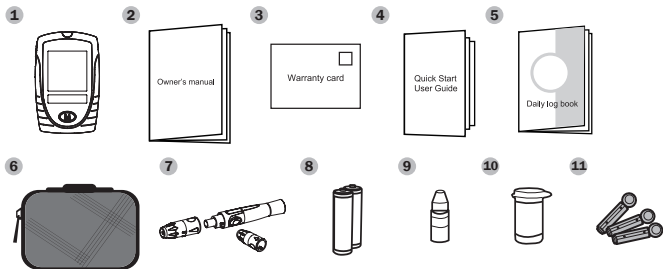
① Meter
② Owner's Manual
③ Warranty Card
④ Quick Start User Guide
⑤ Daily Log Book
⑥ Protective Wallet

⑦ Lancing Device with One Clear Cap
⑧ 2 x 1.5V AAA Alkaline Batteries
⑨ Control Solution
⑩ Test Strips
⑪ Sterile Lancets

NOTE
All items can be purchased separately and some accessories may not be included in the kit. If you wish to purchase any accessories, please contact our local customer service.

Meter Overview

Top

FORA G31b   FORA G31a

Left Side   Front   Right Side   Back
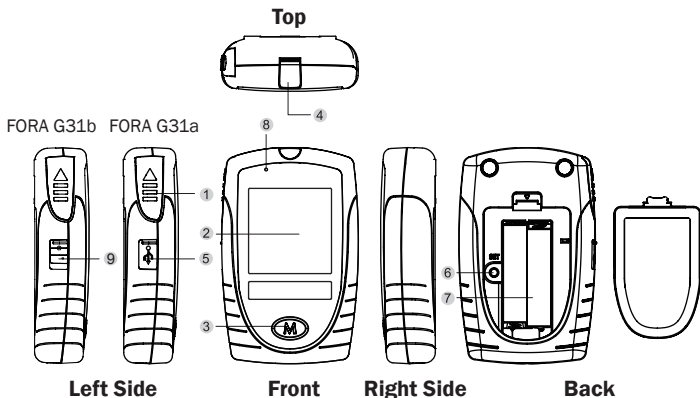
① **TEST STRIP EJECTOR**
Eject the used strip by pushing up this button.

② **DISPLAY SCREEN**

③ **M BUTTON**
Enter the meter memory and silence a reminder alarm.

④ **TEST SLOT**
Insert test strip here to turn the meter on for testing.

⑤ **DATA PORT** (for G31a)
Download test results with a cable connection.

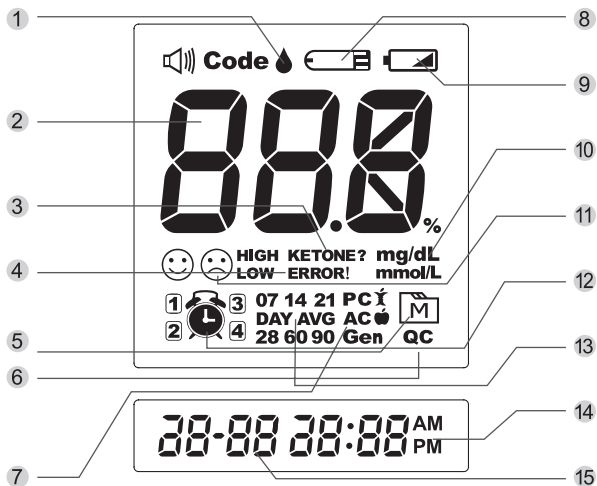⑥ **SET BUTTON**
Enter and confirm the meter settings.

⑦ **BATTERY COMPARTMENT**

⑧ **BLUETOOTH INDICATION LIGHT** (for G31b)

⑨ **BT BUTTON** (for G31b)
Download test results with a Bluetooth connection.

Display Screen

1. **Blood Drop Symbol**
2. **Test Result**
3. **Ketone Warning**
4. **Error Message**
5. **Memory Mode Symbol**
6. **Control Solution Mode**
7. **Measuring Mode**
8. **Test Strip Symbol**
9. **Low Battery Symbol**
10. **Measurement Unit**
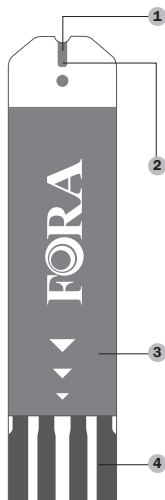11. **Face/Low/High symbol**
12. **Reminder Alarm**
13. **Day Average**
14. **Time**
15. **Date**

Test Strip

1 Absorbent Hole

Apply a drop of blood here.
The blood will be automatically absorbed.

2 Confirmation Window

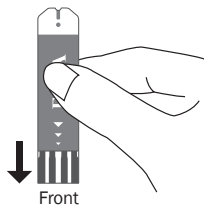This is where you confirm if enough blood has been

applied to the absorbent hole in the strip.

3 Test Strip Handle

Hold this part to insert the test strip into the slot.

4 Contact Bars

Insert this end of the test strip into the meter. Push it in firmly until it will go no further.

Front

ATTENTION:
The front side of test strip with FORA Logo should face up when inserting test strip.
Test results might be wrong if the contact bar is not **fully** inserted into the test slot.


NOTE

The **FORA G31** monitor should only be used with **FORA G31** Test Strips.
Using other test strips with this meter can produce inaccurate results.

Setting the Meter

Before using your meter for the first time or if you change the meter battery, you should check and update these settings. Make sure you complete the steps below and have your desired settings saved.

► To Enter the Setting Mode

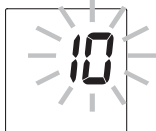Start with the meter off (no test strip inserted). Press SET to turn on the meter.
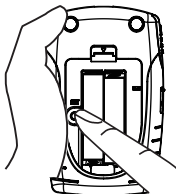
Step 1

Setting the date.

With the year flashing, press and release Ⓜ to choose the correct year. Press SET.

8- 10 10:00ᴬᴹ

With the month flashing, press and release Ⓜ to choose the correct month. Press SET.

8- 10 10:00ᴬᴹ

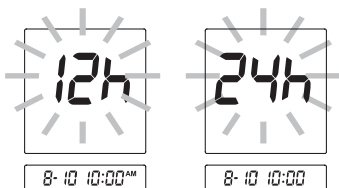With the date flashing, press and release Ⓜ to choose the correct date. Press SET.

8- 10 10:00ᴬᴹ

Setting the time format

Press Ⓜ to select the desired time
format --- 12h or 24h. Press SET.

$$12h \qquad 24h$$

8- 10 10:00ᴬᴹ   8- 10 10:00

Setting the time

With the hour flashing, press and release
Ⓜ to choose the correct hour. Press SET.

$$10$$

8- 10 10:00ᴬᴹ

With the minute flashing, press and release
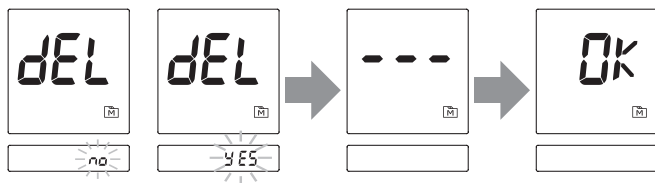Ⓜ to choose the correct minute. Press SET.

$$10$$

8- 10 10:00ᴬᴹ

Deleting the memory.

With "dEL" and a flashing " Ⓜ " symbol on the display, press Ⓜ and
select "No" to keep the results in memory then press SET to skip.
To delete all the results, press Ⓜ and select "Yes" then press SET to
confirm. "OK" and " Ⓜ " are displayed on the meter, which indicates
that all data stored is deleted.

dEL   dEL   - - -   OK

no   yes

Setting the reminder alarm

You may set up any or all of the reminder alarms (1-4). The meter displays "On" or "OFF" and , press **M** to turn on or turn off to set the first reminder alarm.

Press **M** to select "On", then press SET to set the hour. When the hour is flashing, press **M** to add an hour. Press SET to confirm and go to minutes,

press **M** to add one minute. Hold **M** longer to add faster. Press SET to confirm and go to the next alarm setting.

If you do not want to set an alarm, press SET to skip this step.

If you want to turn off an alarm, find the alarm number by pressing SET in the setting mode, press **M** to change from "ON" to "OFF".
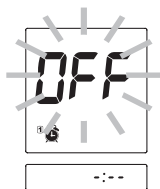
At the time of your alarm, the meter will beep and automatically turn on. You can press **M** to silence the alarm and insert a test strip to begin testing. If you do not press **M** , the meter will beep for 2 minutes then switch off. If you do not want to test at this time, press **M** to switch off the meter.

Congratulations! You have completed all settings!

NOTE

- These parameters can **ONLY** be changed in the setting mode.
- If the meter is idle for 3 minutes during the setting mode, it will switch off automatically.

THE FOUR MEASURING MODES

The meter provides you with four modes for measuring General, AC, PC and QC.

| Modes	Use when
General (displays as "Gen")	any time of day without regard to time since last meal
AC	no food intake for at least 8 hours
PC	2 hours after a meal
QC	testing with the control solution

You can switch between each mode by:

Step 1

Start with the meter switched off. Insert a test strip to turn on the meter, the screen will display flashing blood drop and "Gen".
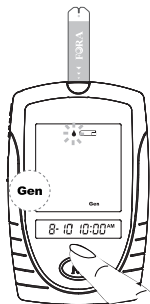
Step 2

Press **M** to switch between General, AC, PC and QC.
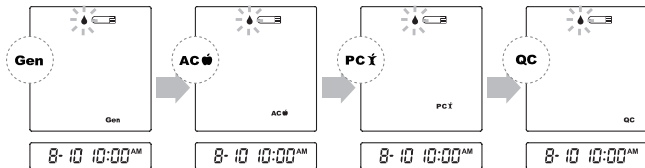
BEFORE TESTING

Control Solution Testing

FORA Control Solution contains a known amount of glucose that reacts with test strips and is used to ensure your monitor and test strips are working together correctly.
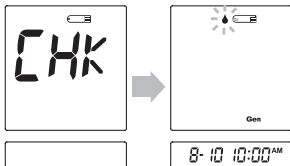
Do a control solution test when:
- you first receive the monitor
- at least once a week to routinely check the monitor and test strips
- you begin using a new vial of test strips
- you suspect the monitor or test strips are not working properly
- your blood glucose test results are not consistent with how you feel, or if you think the results are not accurate
- practicing the testing process, or
- you have dropped or think you may have damaged the monitor.

Performing a Control Solution Test
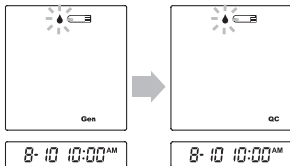
Step 1

Insert the Test Strip to Turn on the Meter

Insert the test strip into the meter. Wait for the meter to display the test strip and blood drop symbols.

CHK

Gen

8-10 10:00ᴬᴹ

Step 2

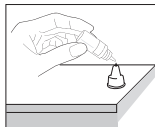### Press Ⓜ to Mark this Test as a Control Solution Test.

If you press Ⓜ again, the "QC" will disappear and this test is no longer a control solution test.

Step 3

Apply Control Solution.

Shake the control solution vial thoroughly before use. Squeeze out a drop and wipe it off, then squeeze another drop and place it on the tip of the vial cap.

Hold the meter to move the absorbent hole of test strip to touch the drop. Once the confirmation window fills completely, the meter will begin counting down.


To avoid contaminating the control solution, do not directly apply control solution onto a strip.

17

Read and Compare the Result

After counting down to 0, the test result of control solution will appear on the display. Compare this result with the range printed on the test strip vial and it should fall within this range. If not, please read instructions again and repeat the control solution test.
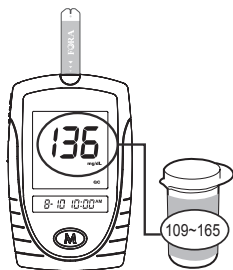
Out-of-range results

If you continue to have test results fall outside the range printed on the test strip vial, the meter and strips may not be working properly. **Do NOT** test your blood. Contact the local customer service or place of purchase for help.

NOTE

- The control solution range printed on the test strip vial is for control solution use only. It is not a recommended range for your blood glucose level.
- See the **MAINTENANCE** section for important information about your control solutions.

TESTING WITH BLOOD SAMPLE

NOTE
To reduce the chance of infection:

- Never share a lancet or the lancing device.
- Always use a new, sterile lancet. Lancets are for single use only.
- Avoid getting hand lotion, oils, dirt, or debris in or on the lancets and the lancing device.

Preparing the Lancing Device for Blood Testing

Please follow the instructions in the lancing device insert for collecting a blood sample.

Preparing the Puncture Site

Stimulating blood perfusion by rubbing the puncture site prior to blood extraction has a significant influence on the glucose value obtained. Blood from a site that has not been rubbed exhibits a measurably different glucose concentration than blood from the finger. When the puncture site is rubbed before blood extraction, the difference is significantly reduced.

Please follow the suggestions below before obtaining a drop of blood:

- Wash and dry your hands before starting.
- Select the puncture site either at fingertips or another body parts (please see section "Alternative Site Testing" (AST) on how to select the appropriate sites).
- Clean the puncture site using cotton moistened with 70% alcohol and **let it air dry.**
- Rub the puncture site for about 20 seconds before penetration.
- Use a clear cap (included in the kit) while setting up the lancing device.

► Fingertip testing

Press the lancing device's tip firmly against the lower side of your fingertip. Press the release button to prick your finger, then a click indicates that the puncture is complete.
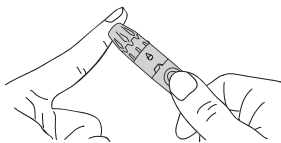
► Blood from sites other than the fingertip

Replace the lancing device cap with the clear cap for AST. Pull the cocking control back until it clicks. When lancing the forearm, upper arm, hand, thigh, or calf, avoid lancing the areas with obvious veins to avoid excessive bleeding.
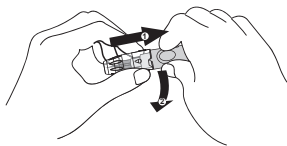
NOTE

- Choose a different spot each time you test. Repeated punctures at the same spot may cause soreness and calluses.
- Please consult your health care professional before you begin AST.
- It is recommended to discard the first drop of blood as it might contain tissue fluid, which may affect the test result.

Alternative Site Testing

IMPORTANT: There are limitations with AST (Alternative Site Testing). Please consult your health care professional before you perform AST.

What is AST?

Alternative site testing (AST) means that people use parts of the body other than the fingertips to check their blood glucose levels. This system allows you to test on the palm, the forearm, the upper arm, the calf or the thigh with the equivalent results to fingertip testing.

What is the advantage?

Fingertips feel pain more readily because they are full of nerve endings (receptors). At other body sites, since nerve endings are not so condensed, you will not feel as much pain at the fingertips.

When to use AST?

Food, medication, illness, stress and exercise can affect blood glucose levels. Capillary blood at fingertip reflects these changes faster than capillary blood at other sites. Thus, when testing blood glucose during or immediately after meal, physical exercise, or any other event, **take the blood sample from your finger only.**
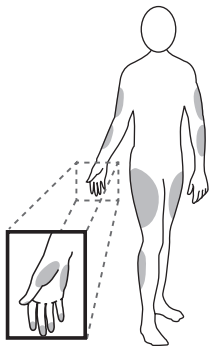
We strongly recommend that you perform AST **ONLY** at the following times:
- In a pre-meal or fasting state (more than 2 hours since the last meal).
- Two hours or more after taking insulin.
- Two hours or more after exercise.

Do **NOT** use AST if:
- You think your blood glucose is low.
- You are unaware of hypoglycemia
- You are testing for hyperglycemia
- Your AST results do not match the way you feel.
- Your routine glucose results are often fluctuating.

Step 1

Insert the Test Strip to Turn on the Meter

Wait for the meter to display the test strip ⌷ and blood drop ◊ symbols with Gen preset.
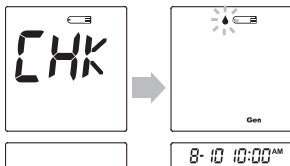

Step 2

Select the Appropriate Measuring Mode by Pressing Ⓜ .

For selecting the measuring mode, please refer to the "FOUR MEASURING MODES" section.

Step 3

Obtain a Blood Sample

Use the pre-set lancing device to puncture the desired site. After penetration, discard the first drop of blood with a clean cotton swab. Gently squeeze the punctured area to obtain another drop of blood. Be careful NOT to smear the blood sample.
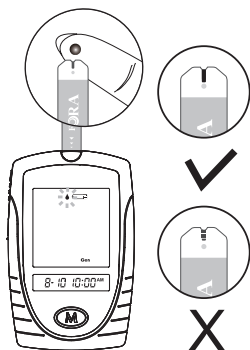

√ Correct

X Incorrect
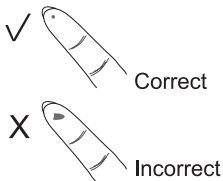
The volume of blood sample must be at least 0.5 microliter (μL) of volume. (· actual size).

Step 4

Apply the Sample

Hold the blood drop to touch the absorbent hole of the test strip. Blood will be drawn in and after the confirmation window is completely filled, the meter begins counting down.

NOTE

- Do not press the site against the test strip or try to smear the blood.
- If you do not apply a blood sample to the test strip within 3 minutes, the meter will automatically turn off. You must remove and reinsert the test strip to start a new test.
- The confirmation window should be filled with blood before the meter begins to count down. **NEVER** try to add more blood to the test strip after your drop of blood has moved away. **Discard the used test strip and retest with a new one.**
- If you have trouble filling the confirmation window, please contact your health care professional or the local customer service for assistance.

Read the Result

The result of your blood glucose test will appear
after the meter counts to 0. This reading will
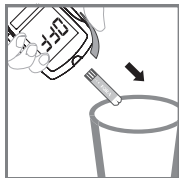automatically be stored in the memory.

Eject the Used Test Strip and Remove the Lancet

To eject the test strip, point the strip at a sharp disposal container.
The meter will turn itself off automatically after the test strip is
ejected.

**Always follow the instructions in the lancing
device insert when removing the lancet.**

WARNING

The used lancet and test strip may be biohazards. Please discard them
carefully according to your local regulations.

METER MEMORY

The meter stores the 1000 most recent blood glucose test results along with respective dates and times in its memory. To enter the meter memory, **start with the meter off.**

Reviewing Test Results

Step 1

Press and release Ⓜ ·
" Ⓜ "will appear on the display. Press Ⓜ again, and the first reading you see is the last blood glucose result along with date, time and the measuring mode.
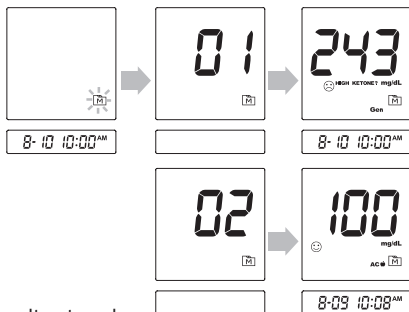
Step 2

Press Ⓜ to recall the test results stored in the meter with each press.

Step 3

Exit the meter memory.
After the last test result, press Ⓜ again and the meter will be turned off.

NOTE

• If the meter is left idle for more than 5 seconds after entering the memory mode, the meter then will display the following message on the LCD.
  This indicates that you can insert a test strip and initiate a blood glucose test.
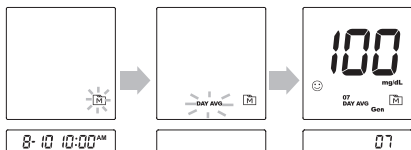
Reviewing Blood Glucose Day Average Results

Press and release Ⓜ

When ⌹ appears on the display, keep pressing Ⓜ for 3 seconds until the flashing " ᴅᴀʏ ᴀᴠɢ " appears. Release Ⓜ and then your 7-day average result measured in general mode will appear on the display.

Step 2

Press Ⓜ to review 14-, 21-, 28-, 60- and 90- day average results

stored in each measuring mode in the order of Gen, AC, then PC.

For example:

Exit the meter memory

Keep pressing Ⓜ and the meter will turn off
after displaying the last test result.

NOTE

- Any time you wish to exit the memory, keep pressing Ⓜ for 5 seconds or
  leave it without any action for 3 minutes. The meter will switch off
  automatically.
- Control solution results are **NOT** included in the day average.
- If using the meter for the first time, "---" displays when you recall the test
  results or review the average result. It indicates that there is no test result
  in the memory.
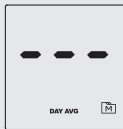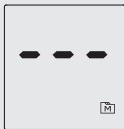
Downloading Results onto a Computer

FORA G31 has 2 types of transmission methods; your meter uses either USB or Bluetooth to transmit the data, please check your meter box for the transmission method of your meter.

► Data Transmission Via Cable (for G31a)
You can use the meter with an USB cable and the Health Care Software System to view test results on your personal computer. To learn more about the Health Care Software System or to obtain an USB cable separately, please contact local customer services or the place of purchase for assistance.
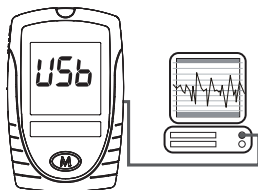
Step 1

Obtaining the required cable and installing the software
For downloading Health Care Software System, please visit the Fora-Care Suisse AG website: www.foracare.ch

Step 2

Connecting to a personal computer

Connect the cable to a USB port on your computer. With the meter switched off, connect the other end of the USB cable to the meter data port. "USb" will appear on the meter display, indicating that the meter is in communication mode.

Step 3

Data transmission
To transmit data, follow the instructions provided with the software. Results will be transmitted with date and time. Remove the cable and the meter will automatically switch off.

Data Transmission Via Bluetooth (for G31b)

You can use your meter and Health Care Software System to view your test results on your personal computer. To learn more about the Health Care Software System, please contact local customer services or the place of purchase for assistance.
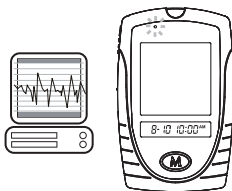
Step 1

Installing the software

To download the Health Care Software System, please visit the ForaCare Suisse AG website: www.foracare.ch

Step 2

Connecting to a personal computer

With the monitor turned off, press the button on the left side of the meter to initiate the monitor's data transmission. The blue spot above the screen will flash.

Step 3

Data transmission

To transmit data, follow the instructions provided with the software. Results will be transmitted with date and time.

Important: Make sure your PC has Bluetooth before transmitting the data and the monitor is within the receiving range.

WARNING

While the meter is connecting to the PC, it will be unable to perform a blood glucose test.

MAINTENANCE

Battery

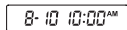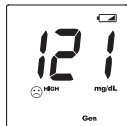Your meter comes with two 1.5V AAA size alkaline batteries.

► Low Battery Signal

The meter will display one of the message below to alert you when the meter power is getting low.

Step 1

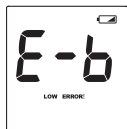**The " ▭ " symbol appears** along with display messages:
The meter is functional and the result remains accurate, but it is time to change the batteries.

Step 2

The ▭ symbol appears with E-b, ERROR, and low:
The power is not enough to do a test. Please change the batteries immediately.

► Replacing the Battery
To replace the battery, make sure that the meter is turned off.

Step 1

Press the edge of the battery cover and lift it up to remove.

Step 2

Remove the old batteries and replace with two 1.5V AAA alkaline batteries.

Step 3

Close the battery cover. If the batteries are inserted correctly, you will hear a "beep" afterwards.

NOTE

- Replacing the batteries does not affect the test results stored in memory.
- As with all small batteries, these batteries should be kept away from small children. If swallowed, promptly seek medical assistance.
- Batteries may leak chemicals if unused for a long time. Remove the batteries if you are not going to use the device for an extended period (i.e. 3 months or more).
- Properly dispose of the batteries according to your local environmental regulations.
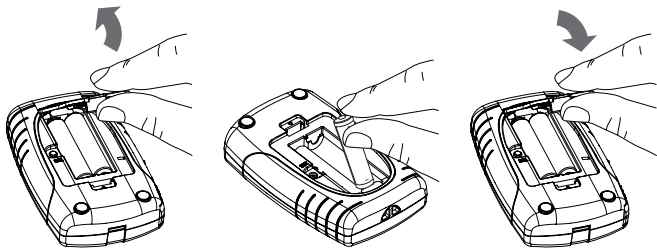
Caring for Your Meter

To avoid the meter and test strips attracting dirt, dust or other contaminants, please wash and dry your hands thoroughly before use.

▶ **Cleaning**
- To clean the meter exterior, wipe it with a cloth moistened with tap water or a mild cleaning agent, then dry the device with a soft and dry cloth. Do **NOT** rinse with water.
- Do **NOT** use organic solvents to clean the meter.

▶ **Meter Storage**
- Storage condition: -20°C~60°C (-4°F~140°F) , below 95% relative humidity.
- Always store or transport the meter in its original storage case.
- Avoid dropping and heavy impact.
- Avoid direct sunlight and high humidity.

Caring for Your Test Strips

- Storage condition: 4°C~40°C (39.2°F~104°F), below 85% relative humidity. Do not freeze.
- Store your test strips in their original vial only. Do not transfer to other container.
- Store test strip packages in a cool and dry place. Keep away from direct sunlight and heat.
- After removing a test strip from the vial, immediately close the vial cap tightly.
- Touch the test strip with clean and dry hands.
- Use each test strip immediately after removing it from the vial.
- Write the opening date on the strip vial label when you first opened it. Discard remaining test strips after 3 months.
- Do not use test strips beyond the expiry date. This may cause inac curate results.
- Do not bend, cut, or alter a test strip in any way.
- Keep the strip vial away from children since the cap and the test strip may be a choking hazard. If swallowed, promptly see a doctor for help.

For further information, please refer to the test strip package insert.

Important Control Solution Information

- Use only FORA control solutions with your monitor.
- Do not use the control solution beyond the expiry date or 3 months after first opening. Write the opening date on the control solution vial and discard the remaining solution after 3 months.
- It is recommended that the control solution test should be done at room temperature (20°C to 25°C / 68°F to 77°F). Make sure your control solution, monitor, and test strips are at this specified temperature range before testing.
- Shake the vial before use, discard the first drop of control solution, and wipe off the dispenser tip to ensure a pure sample and an accurate result.
- Store the control solution tightly closed at temperatures between 2°C and 30°C (36°F and 86°F). Do NOT freeze.

SYSTEM TROUBLESHOOTING

If you follow the recommended action but the problem persists, or error messages other than the ones below appear, please call your local customer service. Do not attempt to repair by yourself and never try to disassemble the meter under any circumstances.

Result Readings

Appears	When glucose		
Lo	< 20 mg/dL (1.1mmol/L)		
😞 LOW	20–69 mg/dL (1.1–3.8 mmol/L)		
😊	**AC** 🍎	**PC** 🍴	**Gen**
	70-129 mg/dL (3.9-7.2 mmol/L)	70-179 mg/dL (3.9-9.9 mmol/L)	70-119 mg/dL (3.9-6.6 mmol/L)
😞 HIGH	**AC** 🍎	**PC** 🍴	**Gen**
	≥ 130 mg/dL (7.2 mmol/L)	≥ 180 mg/dL (10.0 mmol/L)	≥ 120 mg/dL (6.7 mmol/L)
Hi	> 600 mg/dL (33.3mmol/L)		
KETONE?	≥ 240 mg/dL (13.3 mmol/L)		

Error Messages

MESSAGE	WHAT IT MEAN	WHAT TO DO
E-b (LOW ERROR)	Appears when the batteries cannot provide enough power for a test.	Replace the batteries immediately.
E-U (ERROR)	Appears when a used test strip is inserted.	Repeat with a new test strip.
E-E (ERROR)	Problem in operation.	Repeat the test with a new test strip. If the meter still does not work, please contact the customer service for assistance.
E-F (ERROR)	You may have removed the strip after applying blood.	Review the instructions and repeat test with a new test strip. If the problem persists, please contact the local customer service for help.
E-t (LOW ERROR)	Appears when ambient temperature is below system operation range.	System operation range is 10°C to 40°C (50°F to 104°F). Repeat the test after the meter and test strip are in the above temperature range.
E-t (HIGH ERROR)	Appears when ambient temperature is above system operation range.	

Troubleshooting

1. If the meter does not display a message after inserting a test strip:

POSSIBLE CAUSE	WHAT TO DO
Batteries exhausted.	Replace the batteries.
Test strip inserted upside down or incompletely.	Insert the test strip with contact bars end first and facing up.
Defective meter or test strips.	Please contact customer services.

2. If the test does not start after applying the sample:

POSSIBLE CAUSE	WHAT TO DO
Insufficient blood sample.	Repeat the test using a new test strip with larger volume of blood sample.
Defective test strip.	Repeat the test with a new test strip.
Sample applied after automatic switch-off (2 minutes after last user action).	Repeat the test with a new test strip. Apply sample only when flashing "💧" appears on the display.
Defective meter.	Please contact customer services.

3. If the control solution testing result is out of range.

POSSIBLE CAUSE	WHAT TO DO
Error in performing the test.	Read instructions thoroughly and repeat the test again.
Control solution vial was poorly shaken.	Shake the control solution vigorously and repeat the test again.
Expired or contaminated control solution.	Check the expiry date of the control solution.
Control solution that is too warm or too cold.	Control solution, meter, and test strips should be at room temperature (20°C-25°C / 68°F-77°F) before testing.
Defective test strip.	Repeat the test with a new test strip.
Meter malfunction.	Please contact customer services.

DETAILED INFORMATION

Reference Values

Blood Glucose
Blood glucose monitoring plays an important role in diabetes control. A long-term study showed that maintaining **blood glucose levels close to normal** can reduce the risk of diabetes complications by up to 60%[*1]. The results provided by this system can help you and your healthcare professional monitor and adjust your treatment plan to gain better control of your diabetes.

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

References:
*1: American Diabetes Association position statement on the Diabetes Control and Complications Trial (1993).

Comparing Meter and Laboratory Results

The meter provides you with plasma equivalent results. The result you obtain from your meter may differ somewhat from your laboratory result due to normal variation. Meter results may be affected by factors and conditions that do not affect laboratory results in the same way. To make an accurate comparison between meter and laboratory results, follow the guidelines below.

Before going to the lab:
- Perform a control solution test to make sure that the meter is working properly.
- Fast for at least eight hours before doing comparison tests, if possible.
- Take your meter with you to the lab.

While staying at the lab:
Make sure that the samples for both tests are taken and tested within 15 minutes of each other.
- Wash your hands before obtaining a blood sample.
- Never use your meter with blood that has been collected in a gray-top test tube.
- Use fresh capillary blood only.

You may still have a variation from the result because blood glucose levels can change significantly over short periods of time, especially if you have recently eaten, exercised, taken medication, or experienced stress[2]. In addition, if you have eaten recently, the blood glucose level from a finger prick can be up to 70 mg/dL (3.9 mmol/L) higher than blood drawn from a vein (venous sample) used for a lab test[3]. Therefore, it is best to fast for eight hours before doing comparison tests. Factors such as the amount of red blood cells in the blood (a high or low hematocrit) or the loss of body fluid (dehydration) may also cause a meter result to be different from a laboratory result.

References:

*2: Surwit, R.S., and Feinglos, M.N.: Diabetes Forecast (1988), April, 49-51.

*3: Sacks, D.B.: "Carbohydrates. " Burtis, C.A., and Ashwood, E.R.(ed.), Tietz Textbook of Clinical Chemistry. Philadelphia: W.B. Saunders Company (1994), 959.

SYMBOL INFORMATION

Symbol	Referent
IVD	*In vitro* diagnostic medical device
②	Do not reuse
📖i	Consult instruction for use
☀	Keep away from sunlight
☂	Keep dry
🌡	Temperature limitation
⧖	Use by/ Expiry date
3M	Use within three months after first opening
LOT	Batch code
🏭	Manufacturer
SN	Serial number
⚠	Caution, consult accompanying documents
STERILE R	Sterilised using irradiation
⊗	Do not use if package is damaged
$C\epsilon_{0459}$	CE Mark
♻	Green Dot: German dual waste disposal system

SPECIFICATIONS

Model No.: FORA G31

Dimension & Weight: 95 (L) x 60 (W) x 22 (H) mm, 76 g

Power source: Two 1.5V AAA alkaline batteries

Display: LCD

Memory: 1000 measurement results with respective date and time

External output: USB Cable / Bluetooth

Auto electrode inserting detection

Auto sample loading detection

Auto reaction time count-down

Auto shutdown after 3 minutes of idleness

Temperature Warning

Operating condition: 10°C to 40°C (50°F to 104°F), below 85% R.H.
(no condensing)

Storage/Transportation condition: -20°C to 60°C (-4°F to 140°F), 95% R.H.

Measurement units: mg/dL

Measurement range: 20 to 600mg/dL (1.1 to 33.3mmol/L)

This device has been tested to meet the electrical and safety requirements of:
IEC/EN 61010-1, IEC/EN 61010-2-101, EN 61326-1, IEC/EN 61326-2-6