

Blood Glucose

Meters

and Data Management Systems

BEFORE YOU BUY a blood glucose meter (also known as a blood glucose monitor), check with your doctor and diabetes educator. Make sure the one you choose is well suited to your particular needs. You might want to have one at home and one for use at school or the office.



Pairing Your Meter with Software

Here is a list of blood glucose meters that interact with computer software, as well as company websites and customer service numbers.

**Abbott Laboratories
Abbott Diabetes Care**
Meters: Precision Xtra; FreeStyle;
Freestyle Flash; FreeStyle Tracker
www.abbottdiabetescare.com
1-800-527-3339
1-888-522-5226

**Bayer HealthCare, LLC
Ascensia Products**
Meters: Ascensia Breeze; Elite;
Elite XL; Dex 2; Contour
www.ascensia.com
1-800-348-8100

BD
Meter: BD Logic BGM
www.BDdiabetes.com
1-888-232-2737

Home Diagnostics, Inc.
Meter: Prestige
www.prestigesmartssystem.com
1-800-342-7226

Hypoguard, Inc.
Meters: Advance Micro-draw;
QuickTek; Assure
www.hypoguard.com
1-800-818-8877

LifeScan
Meters: In Duo; OneTouch
(Basic, Ultra, UltraSmart, SureStep)
www.lifescan.com
1-800-227-8862

QuestStar Medical, Inc.
Meter: Focus
www.queststarmedical.com
1-800-525-6718

Roche Diagnostics
Meters: Accu-Chek (Active,
Compact, Complete, Advantage)
www.accu-chek.com
1-800-858-8072

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BLOOD GLUCOSE METERS

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BLOOD GLUCOSE METERS

Name and Manufacturer	Size (inches)	Wt. (ounces)	Test Strip Used*	Range (mg/dl)	Test Time	Battery	Warranty	How Calibrated	Control Solution	Features
Accu-Chek Active (Roche Diagnostics)	4.6 × 1.07 × 0.9	2.01	Accu-Chek Active	10–600	5 sec.	(2) CR2023 or equivalent lithium batteries	3 years	Snap-in code key	Yes	Small sample size. Two-step procedure. Meter turns on automatically when strip is inserted. Results are downloadable. Alternate site testing. Rubber grips. English and Spanish instructions including a “First Time Guide.” Toll-free call center with multilingual reps.
Accu-Chek Advantage (Roche Diagnostics)	3.3 × 2.8 × 0.8	1.8 without batteries	Accu-Chek Comfort Curve or Accu-Chek Advantage	10–600	26 sec.	(1) 3-volt coin cell #2032	3 years	Snap-in code key	Yes	Uses small sample size, capillary action, and large target area for easy dosing. Downloadable 100-value memory with time and date. New shape and rubber grips. English and Spanish instructions including a “First Time Guide.” Toll-free call center with multilingual reps.
Accu-Chek Compact (Roche Diagnostics)	4.0 × 2.0 × 1.2	4.2 with batteries and test drum	Accu-Chek Compact	10–600	8 sec.	(2) AAA	3 years	Automatic	Yes	Handle-free test strips. 8-second test time and 1.5-µl sample size. No manual coding. Option to test on six sites, including fingertip, forearm, and palm. Underdosed strip detection. 100-value memory with time, date, and 7-day averaging. Downloads into Accu-Chek Compass software. English and Spanish instructions including a “First Time Guide.” Toll-free call center with multilingual reps.
Accu-Chek Complete (Roche Diagnostics)	4.8 × 2.8 × 1.1	4.4 without batteries	Accu-Chek Comfort Curve or Accu-Chek Advantage	10–600	26 sec.	(2) AAA	3 years	Snap-in code key	Yes	Two-step test procedure. Holds up to 1,000 values. “ATM-like” push button selection for information entry. Software available for uploading test results. English and Spanish instructions including a “First Time Guide.” Toll-free call center with multilingual reps.
Accu-Chek Voicemate (Roche Diagnostics)	6.5 × 3.0 × 2.4	10.94 without batteries	Accu-Chek Comfort Curve	10–600	26 sec.	9-volt for the voice synthesizer; 3-volt coin cell #2450	3 years	Snap-in code key	Yes	For the blind and visually impaired. Step-by-step voice guide. Touchable strips. Portable. No cleaning required. Lilly brand insulin identification ensures customer of correct insulin formulation. English and Spanish instructions including a “First Time Guide.” Toll-free call center with multilingual reps.
Advance Intuition (Hypoguard)	3.9 × 2.3 × 0.8	2.2	Advance Intuition	30–550	10 sec.	3 volt (CR2032)	5 years	Code chip	Yes	Two-step testing. Automatic on/off with strip insertion. 3-µl sample size. One button memory recall. Stores up to 10 tests. Large display screen. Guide-Me-Curve strips guide the finger to application site where blood is wicked onto test strip. 10-second test time.
Advance Micro-draw (Hypoguard)	3.0 × 2.5 × 0.5	1.5	Advance Micro-draw	20–600	15 sec.	3 volt (CR2032)	5 years	Code chip	Yes	Test strips wick the blood onto the end of the strip. 1.5-µl sample size. Digital display, 250-test memory with time and date stamp. 14- and 30-day average and downloading capabilities with GlucoBalance Data Management Software.
Ascensia Breeze Glucose Monitoring System (Bayer HealthCare, LLC, Diagnostics Division)	2.5 × 4.1 × 1.0	3.8	Ascensia Autodisc; 10 test strips in one disc	10–600	30 sec.	(1) 3-volt lithium	5 years	Automatic	Yes	Disc-based meter requires no coding. Underfill detection. Each function button does only one thing. Eliminates individual strip handling and performs 10 tests without reloading. Test strip automatically draws the amount of blood required. Downloadable memory for PC tracking. Stores up to 100 results. Alternate site testing.
Ascensia Contour Blood Glucose Monitoring System (Bayer HealthCare, LLC, Diagnostics Division)	2.9 × 2.09 × 0.68	2.0	Ascensia Microfill	10–600	15 sec.	(2) lithium 3 volt	5 years	Automatic	Yes	Automatic accuracy, control marking, and underfill detection. No coding. Small sample size (0.6 µl), 240-test memory with time, date, and 14-day average. Easy viewing of sample fill. Alternate site testing.
Ascensia DEX 2 Diabetes Care System (Bayer HealthCare, LLC, Diagnostics Division)	2.5 × 3.2 × 0.75	2.8	Ascensia Autodisc; 10 test strips in one disc	10–600	30 sec.	(2) 3-volt lithium	5 years	Automatic	Yes	Disc-based meter eliminates individual strip handling. Performs 10 tests without reloading. Disc automatically calibrates meter for 10 tests. Test strip actively draws amount of blood needed. Advanced data management. Downloadable memory for PC tracking. Meter stores up to 100 results with time, date, and averages. Alternate site testing.

*These are test strips approved by the manufacturers. In some cases, manufacturers cannot guarantee results or provide assistance if any other test strips are used.

Blood Glucose Meters and Data Management Systems

Name and Manufacturer	Size (inches)	Wt. (ounces)	Test Strip Used*	Range (mg/dl)	Test Time	Battery	Warranty	How Calibrated	Control Solution	Features
Ascensia Elite Diabetes Care System (Bayer HealthCare, LLC, Diagnostics Division)	3.2 × 2.0 × 0.6	1.75	Ascensia Elite	20–600	30 sec.	(2) 3-volt lithium	5 years	Strip calibration	Yes	No buttons; turns on when test strip is inserted. Blood touched to the tip of test strip is automatically drawn into the test chamber. 20-test memory and 3-minute automatic shutoff. Alternate site testing. Individual foil-wrapped strips.
Ascensia Elite XL Diabetes Care System (Bayer HealthCare, LLC, Diagnostics Division)	3.9 × 2.2 × 0.6	2.1	Ascensia Elite	20–600	30 sec.	(2) 3-volt lithium	5 years	Strip calibration	Yes	No operating buttons; turns on when test strip is inserted. 120-test memory with date, time, and 14-day average and a 3-minute automatic shutoff. Alternate site testing. Individual foil-wrapped strips.
Assure (Hypoguard)	4.4 × 2.4 × 0.4	5.3	Assure	30–550	35 sec.	1 J-cell (home change)	5 years	Code chip	Yes	Two-step testing. Large touch screen display. 180-test memory with time and date stamp. Download with GlucoBalance Data Management System. Guide-Me-Curve strips guide the finger to application site where blood is wicked onto test strip.
Assure II (Hypoguard)	3.9 × 2.3 × 0.8	2.2	Assure II	30–550	30 sec.	3-volt (CR2032)	5 years	Code chip	Yes	Two-step testing. Automatic on/off with strip insertion. 3-µl sample size. One button memory recall. Stores up to 10 tests. Large display screen. Guide-Me-Curve strips guide the finger to application site where blood is wicked onto test strip. Results in 30 seconds.
Assure 3 (Hypoguard)	3.9 × 2.3 × 0.8	2.2	Assure 3	30–550	10 sec.	3-volt (CR2032)	5 years	Code chip	Yes	Two-step testing. Automatic on/off with strip insertion. 3-µl sample size. One-button memory recall. Stores up to 10 tests. Large display screen. Guide-Me-Curve strips guide the finger to application site where blood is wicked onto test strip. 10-second test time.
BD Logic Blood Glucose Monitor (BD)	3.6 × 2.3 × 0.9	2.65	BD	20–600	5 sec.	#2450 3-volt coin cell	3 years	Built-in button	Yes	Uses Ultra-Fine 33 Lancets. Time-specific averaging for adjusting insulin dose based on patterns of blood glucose values. Optional memory functions allow for recording insulin type and dose of each insulin delivery. Results are downloadable to BD Diabetes Software.
Focus Blood Glucose Monitoring System (QuestStar Medical, Inc.)	3.75 × 2.4 × 0.75	3.5	Focus	25–500	35–50 sec.	2 AAA batteries, replaceable	Lifetime	Automatic calibration	Yes	Lifetime warranty. No-button testing; hands-off automatic calibration. Automatic hematocrit and temperature corrections. Automatic sample volume check. Word prompts for guidance. Test strips are foil wrapped and have a 24-month shelf life. Plasma or whole blood referenced. Stores up to 165 results with time, date, insulin type, and dosage. Averages glucose readings. Clock. Data port allows downloading to PC. Prompts in 10 languages.
FreeStyle (Abbott Diabetes Care)	3.8 × 2.0 × 1.0	2.0	FreeStyle	20–500	7 sec. average	(1) 2032, 3-volt lithium coin cell	5 years	Built-in button	Yes	Small blood sample (0.3 µl). Offers various testing sites. Large display. Strip insertion turns meter on. Sample is pulled into the strip by capillary action. More blood can be added, using the same target area on the strip, for up to 1 minute. 250-test memory with date, time, 14-day average. Data can be downloaded to a PC or managed with FreeStyle Co-Pilot PC data management system.
FreeStyle Flash (Abbott Diabetes Care)	3.0 × 1.6 × 0.8	1.4	FreeStyle	20–500	7 sec. average	(2) 2032, 3-volt lithium coin cell	5 years	Built-in button	Yes	Up to four programmable daily alarms. Backlight display. Test port light. Small blood sample (0.3 µl). Offers various testing sites. More blood can be added, using the same target area on the strip, for up to 1 minute. 250-test memory with date, time, 14-day average. Data can be downloaded to a PC or managed with FreeStyle Co-Pilot PC data management system.
FreeStyle Tracker (Abbott Diabetes Care)	2.1 × 0.7 × 3.3	1.3	FreeStyle	20–500	15 sec. average	PDA battery	5 years	Built-in buttons on PDA	Yes	Stores up to 2,500 glucose results in an electronic logbook. Offers various testing sites. Uses small blood sample (0.3 µl). 2,500-item food list with carb values per serving size, insulin tables, prescribed regimen table, and reminder alarms for checking glucose or keeping appointments. Data can be downloaded to a PC or managed with FreeStyle Co-Pilot PC data management system.

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Hypoguard Advance (Hypoguard)	3.0 × 2.5 × 0.5	1.5	Hypoguard Advance	20–600	15 sec.	3-volt silver cell	3 years	Code chip	Yes	Large display, 2-step test, automatic on/off, 100-test memory, compact meter, and special carrying case.
OneTouch Basic (LifeScan)	4.3 × 2.6 × 1.2	4.1	OneTouch	0–600	45 sec.	(2) AAA alkaline (home change)	3 years	Built-in single button	Yes	75-test memory with optional display of date and time; simple, 3-step test procedure; large, easy-to-handle test strips; single-button coding. Data downloading with OneTouch software.
OneTouch InDuo (LifeScan)	4.8 × 2.1 × 1.4	4.4	OneTouch Ultra	20–600	5 sec.	1 replaceable 3-volt lithium	3 years	Built-in single button	Yes	Combined blood glucose meter and insulin dosing system. Less painful alternate site testing (arm), 5-second test time, tiny blood sample, 150-test memory with date and time; 14- and 30-day test averaging, no cleaning. Insulin doser uses 3-ml PenFill insulin cartridges and NovoFine max 8-mm length needles. Doses in 1- to 70-unit increments. Remembers last dose and elapsed time. Data downloading with OneTouch software.
OneTouch SureStep (LifeScan)	3.5 × 2.4 × 0.8	3.8	SureStep	0–500	15–30 sec.	(2) AAA alkaline (home change)	3 years	Built-in single button	Yes	Single-button testing. Touchable test strip; off-meter dosing; large display; 150-test memory; 14- and 30-day test averaging; data downloading to personal computer with OneTouch software.
OneTouch Ultra (LifeScan)	3.1 × 2.2 × 0.8	1.5	OneTouch Ultra	20–600	5 sec.	1 replaceable 3-volt (#2032 or equivalent) lithium battery	3 years	Built-in single button	Yes	Alternate site testing; small blood sample; easy blood application with FastDraw design test strip, including confirmation window; 150-test memory with date and time; 14- & 30-day test averaging; no cleaning necessary; data downloading with OneTouch software.
OneTouch UltraSmart (LifeScan)	3.8 × 2.3 × 0.9	2.6	OneTouch Ultra	20–600	5 sec.	(2) AAA alkaline (home change)	3 years	Built-in single button	Yes	Electronic logbook and blood glucose meter in one. Small blood sample; easy blood application; confirmation window; 3,000+ test and logbook; 7-, 14-, 30-, 60-, and 90-day test averaging. Data downloading with OneTouch Software. Warning to check ketones at 240 to 600 mg/dl.
Prestige IQ (Home Diagnostics, Inc.)	4.0 × 2.75 × 0.75	3.6	Prestige Smart System	25–600	10–50 sec.	AAA	5 years	Standard strip	Yes	Accurate results, data management including date and time and 14- & 30-day averaging, large digital display, and Internet uploading capabilities, allowing patients to track, graph, record, and share their test results. Test strips are highly absorbent. Sample size confirmation on back of test strip.
Precision Xtra (Abbott Laboratories)	2.94 × 2.1 × 0.64	1.48	Precision Xtra	20–500	10 sec. glucose 30 sec. ketones	(2) AAA home change (1) CR 2032 lithium battery	Lifetime	Calibrator in each box of test strips	Precision High/low and Normal control solution	Measures blood glucose and blood ketone levels. TrueMeasure technology minimizes effects of agents like Tylenol, vitamin C, and uric acid for glucose-specific results. Two-step testing; end-fill/top-fill design; downloadable 450-test memory; luminous case, large backlit display, test port spotlight. Precision Xtra strips use 40% less blood for sample size, 10-second test time, alternate site testing capability.
QuickTek (Hypoguard)	3.9 × 2.0 × 0.75	2.1	QuickTek	20–600	10–30 sec.	3-volt (CR 2032)	5 years	Built-in button	Yes	250-test memory with time and date. Data downloading with GlucoBalance Data Management software. Large test strip for easy handling, small sample size (3.5 µl), 2-step testing.
ReliOn NewTek (Hypoguard/Wal-Mart Pharmacies)	4.7 × 2.4 × 1.0	5.3	Built in	20–600	15 sec.	Built in	Through expiration date	Built-in button	Yes	Pre-calibrated and pre-loaded with 100 test strips. One-step test. Disposable with no strip handling, calibration, or battery replacement. Small sample size. 100-test memory. 10-test averaging and automatic warning system for expired strips or adverse environmental conditions.
ReliOn Ultima (Wal-Mart Pharmacies)	4.25 × 2.5 × 0.94	2.86	ReliOn Ultima	20–500	20 sec.	(2) AAA alkaline	1 year	Calibrator on each box of strips	No (available via toll-free #)	End-fill strips require a 2.5-µl blood sample size. Wallet-sized carrying case contains ReliOn lancing device, 10 lancets, and logbook. Stores up to 450 results. Individually wrapped test strips.
TrueTrack Smart System (Home Diagnostics)	3.5 × 2.1 × 0.77	1.7	TrueTrack Smart System	20–600	10 sec.	CR2032 or 3-volt lithium	5 years	Code chip	Yes	Biosensor technology. Accurate test results in 10 seconds with a one microliter (1 µl) blood sample. Alternate site testing. Track Ease Smart System also available. For more details go to www.thesmartchoice.com .

*These are test strips approved by the manufacturers. In some cases, manufacturers cannot guarantee results or provide assistance if any other test strips are used.

Combination Blood Glucose Meter, Lipid, and Ketone Test

Name and Manufacturer	Size (inches)	Wt. (ounces)	Test Strip Used	Range (mg/dl)	Test Time	Battery	Warranty	How Calibrated	Control Solution	Features
CardioChek (Polymer Technology Systems, Inc.)	5.5 × 3.0 × 1.0	4.3 without batteries	PTS Panels Glucose PTS Panels Cholesterol PTS Panels Ketone PTS Panels Triglyceride PTS Panels HDL	20–600 100–400 2–70 50–500 25–85	30–60 sec. approx. 60 sec. 30–60 sec. approx. 60 sec. approx. 60 sec.	(2) AAA alkaline	1 year	Automatic calibration curve: Input from MEMo Chip, included in each box	Yes	Multiple blood chemistry testing (glucose, total cholesterol, ketone, triglyceride, and HDL); 3-step testing; internal result storage/review. Auto or manual shut off. CLIA-waived; sold over-the-counter. Starter kit includes supplies for sample retrieval and application. Test strips sold separately.

Blood-Sampling Supplies

Name (Manufacturer/Distributor)

Features and Supplies

Accu-Chek Softclix Lancet Device (Roche Diagnostics)	Eleven depth settings provide precise control of penetration depth to avoid contact with nerves. Minimizes painful side-to-side motion. Provides enough blood for accurate testing. Alternate site testing. Clear cap. 25 lancets.
Accu-Chek Softclix Lancets (Roche Diagnostics)	For use with the Accu-Chek Softclix Lancet Device. Comes in packages of 100 and 200. Tips are silicon coated.
Accu-Chek Soft Touch Lancets (Roche Diagnostics)	Fits most lancet devices. Comes in packages of 100 and 200.
Accu-Chek Soft Touch Lancet Device (Roche Diagnostics)	Five depth selections with an adjustable dial provide a personalized level of skin comfort while obtaining an adequate blood sample.
Aimsco Lancets (Aimsco/Delta Hi-Tech)	28G & 30G. Compatible with most lancet devices.
Ames Gluco System Lancets (Bayer HealthCare, LLC, Diagnostics Division)	Can be used in either Autolet or Glucolet.
Ascensia Microlet Adjustable Lancing Device (Bayer HealthCare, LLC, Diagnostics Division)	Ergonomic design has easy cocking mechanism and 5 adjustable settings to control depth of puncture.
Ascensia Microlet Lancets (Bayer HealthCare, LLC, Diagnostics Division)	For use with Ascensia Microlet Automatic Lancing Device and Ascensia Microlet Vaculance Lancing Device; 28G.
Ascensia Microlet Vaculance Lancing Device (Bayer HealthCare, LLC, Diagnostics Division)	Vacuum action draws blood to skin surface, allowing patient to choose lancing sites less painful than fingertips, such as forearm, palm, abdomen, or thigh. Four lancing depths. Uses Ascensia Microlet lancets.
Auto-Lancet (Palco Labs, Inc.)	Finger-lancing device with adjustable tip that adjusts to match different skin types; 1–2 for soft skin, 3 for average skin, 4–5 for skin that is harder to penetrate. Two lancets included. 5-year warranty.
Auto-Lancet Mini (Palco Labs, Inc.)	Compact mini design. Adjustable tip allows five depth levels. Quick, quiet concealed puncture with retraction. 5-year warranty.
Autolet Clinisafe (Owen Mumford)	Finger lancet device with 20 platforms (10 each of different depths), 10 Unilet lancets, and vinyl wallet.
Autolet Impression Lancing Device (Owen Mumford)	Small pen-style device with multiple adjustments for control and comfort. Seven penetration depth settings, adjustable spring force, alternate site testing capabilities and Comfort Zone Technology.
Autolet Lite (Owen Mumford)	Finger lancet device with three platform depths, 1.8 mm, 2.4 mm, 3.0 mm, self-arming; lancet ejection for safety; includes 10 ComforTouch lancets and instructions.
Autolet Mini (Owen Mumford)	Two devices in one package; two depth platforms offer choice of blood flow, contour grips assist handling, includes 10 Unilet ComforTouch lancets and multilingual instructions; compatible with most lancets.
Autolet Platforms (Owen Mumford)	Disposable and ejectable; to be used with Autolet II Clinisafe and Autolet Lite lancing devices to prevent cross-infection and to control penetration depth; choice of three depths: 1.8 mm (white), 2.4 mm (yellow), 3.0 mm (orange).

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Blood-Sampling Supplies

Name (Manufacturer/Distributor)	Features and Supplies
BD Genie Lancet (BD)	Safety-engineered lancet. Single-time use. Lancet and lancing device in one. 28G. Package of 200.
BD Lancet Device (BD)	Compatible with most lancets; comes with three BD Ultra-Fine lancets; 5-year warranty. Six depth settings.
BD Ultra-Fine 33 Lancets (BD)	Thinnest lancets available. 33G. For use with BD Logic Blood Glucose Monitor and BD Latitude Blood Glucose Management System.
BD Ultra-Fine II Lancets (BD)	30G lancet with cylindrical design for easy handling; fits BD Lancet Device and most other lancet devices.
EZ-Ject Lancets (Can-Am Care Corp.)	Fits most lancing devices; available in traditional lite-angle, assorted colors, and thin gauge.
EZ-Lance (Palco Labs, Inc.)	Advanced design safety lancet. Single use eliminates cross-contamination. Ergonomic with high-speed lance. Box of 100.
EZ-Lets (Palco Labs, Inc.)	Tri-beveled sterile lancets for use in most lancing devices.
FreeStyle Lancets (Abbott Laboratories)	Available in packages of 100. 25G.
Gentle Draw Lancing Device (Home Diagnostics)	Highly portable; lightweight. Five depth settings for optimal skin penetration. Easy-to-use. One-hand lancing with comfortable trigger button.
Gluculet Automatic Lancing Device (Bayer HealthCare, LLC, Diagnostics Division)	Comes with 10 lancets, one opaque regular puncture endcap, multilingual instruction insert.
Haemolance (Hypoguard)	Single-use disposable lancet with built-in needle protection system; needle retracts automatically to eliminate risk of cross-contamination and accidental needle punctures.
Haemolance Plus (Hypoguard)	Single-use disposable lancet that eliminates the need for a separate lancing device. Design protects the needle point after the protective cap is removed. In use, needle is not seen. Lancing is a one-motion process. After use, the needle automatically retracts to protect against accidental punctures.
Lady Lite Lancet (Medicore)	Designed for the feminine fingertip; fine, delicate tip for comfort; floral cap; fits most lancet devices. Made in U.S.A.
Lasette Plus Laser Lancing Device (Cell Robotics, Inc.)	Needle-free, uses laser light instead of a lancet to create a small opening in the finger for drawing capillary blood. For individuals who fear frequent needle use.
Lite Touch Lancets (Medicore)	Precision ultrafine ground tip for maximum comfort. Fine gauge. Fits most lancing devices. Made in U.S.A.
Lite Touch Lancing Device (Medicore)	Stainless steel for durability. Adjustable; uses most lancets. Supercompact pen style. Soft spring for maximum comfort.
Medi-Lance Lancets (Medicore)	Precision tri-bevel comfort tip; fits most lancing devices. (For those with callused fingers or those in need of a large sample.) Made in U.S.A.

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Blood-Sampling Supplies

Name (Manufacturer/Distributor)

Features and Supplies

Medi-Lance II Lancets (Medicore)
Tri-bevel comfort tip; extra-long body; fits Glucolet, Autolet, and Medi-Let.

Monolet Original Lancets (Can-Am Care Corp.)
Fits most lancing devices; designed for those with more callused fingertips or who have difficulty getting the right amount of blood.

Monolet Thin Lancets (Can-Am Care Corp.)
Fits most lancing devices; designed for those who have sensitive fingertips or who easily produce an ample droplet of blood.

MPD Lancet (Medical Plastic Devices)
Fits virtually all major lancing devices; available in Thin and Ultra Thin; sterile tip; tri-bevel stainless steel needle permits smooth insertion; made in North America.

OneTouch Finepoint Lancets (LifeScan)
25G; single-use lancets fit most lancing devices; available in boxes of 100; protective cap snaps over needle for disposal; polished and coated for less painful blood sampling.

OneTouch UltraSoft Adjustable Blood Sampler (LifeScan)
Pen-shaped with a thin tip for less painful penetration; includes OneTouch UltraClear Cap for arm testing; 7 depth settings; uses OneTouch UltraSoft lancets and OneTouch Finepoint lancets.

OneTouch UltraSoft Lancets (LifeScan)
28G; single-use lancets fit most lancing devices; available in boxes of 100; protective cap snaps over needle for disposal; polished and coated for less painful blood sampling.

Penlet Plus Adjustable Blood Sampler (LifeScan)
Pen-shaped with 7 easy-to-dial depth settings; hands-free lancet removal; uses OneTouch UltraSoft Lancets and OneTouch Finepoint lancets.

QuickLance (Hypoguard, Inc.)
All-in-one lancing system; does not require a separate lancing device or lancet; test anywhere discreetly.

Select Lite Lancing Device (Hypoguard)
Pen-shaped device is compatible with most lancets; adjustable tip; five settings.

Sterile Lancets (Home Diagnostics)
Tri-bevel. Ultrathin tip for smooth, controlled skin penetration. Patented protective cap for safe disposal after use.

Store Brand Lancet Device (Can-Am Care Corp.)
One ct. Available at Wal-Mart (ReliOn) and Kroger.

TechLite Lancets (Hypoguard)
Fits most devices; available in 21-, 25-, and 28G; packages of 100 or 200.

Tenderlett (ITC)
Surgical blade produces shallow 1.75-mm incision, minimizing pain; permanently retracting steel blade for safety. Appropriate for use when slightly more blood is needed. Individually packaged and sterilized.

Tenderlett Jr. (ITC)
Same surgical blade features and action as the Tenderlett, but produces a shallower 1.25-mm incision for use with children. Appropriate for use when fingers are slightly callused or when fingers have poor peripheral circulation.

Name (Manufacturer/Distributor)

Features and Supplies

Tenderlett Toddler (ITC)
Same surgical blade features and action as the Tenderlett, but produces a shallower 0.85-mm incision. Incision yields one drop of blood, appropriate for most blood glucose checks. Individually packaged and sterilized.

UltiCare Lancets (UltiMed, Inc.)
Features UltiSmooth 28G needle, comfortable, shaped, molded body. Fits most major lancing devices. Sold 100 and 200 to a box.

Unilet ComforTouch (Owen Mumford)
Ultrathin 28G lancet for use with most lancing devices; comes in packages of 100 and 200. Safety cap ensures safe disposal and identification of a used lancet.

Unilet ExceLite (Owen Mumford)
23G lancet that fits most automatic lancing devices; designed for increased blood flow with maximum comfort.

Unilet ExceLite II (Owen Mumford)
28G ultrathin lancet that fits most automatic lancing devices; designed for increased blood flow with maximum comfort.

Unilet G.P. Lancet (Owen Mumford)
Fits most automatic lancing devices; packages of 100 or 200; white; 21G.

Unilet G.P. Ultralite (Owen Mumford)
Fits most lancing devices. Ultrathin 28G lancet with tri-bevel point; suited for sensitive fingers; in packages of 100 or 200.

Unilet G.P. Superlite Lancet (Owen Mumford)
Fits most automatic lancing devices; packages of 100 or 200; white; 23G.

Unilet Lancet (Long body) (Owen Mumford)
21G; for use with Autolet II Clinisafe, Autolet Lite, and Glucolet lancing devices, or manual use; packages of 200; yellow.

Unilet Superlite Lancet (Long body) (Owen Mumford)
23G; for use with Autolet II Clinisafe, Autolet Lite, and Glucolet lancing devices, or manual use; in packages of 100 or 200; white.

Unistik 1 (Owen Mumford)
Single-use device; lancet automatically retracts for safety; needle hidden before and after use; available in 2.4-mm (yellow) and 3.0-mm (orange) penetration depths; 50 per box.

Unistik 2 (Owen Mumford)
Single use for safety and disposability; punctures and retracts automatically; five models available for different levels of blood flow needs. Junior (lavender); Normal (yellow); Extra (orange); Super (burgundy); Neonatal (pink). Available in boxes of 50, 100, and 200.

Unistik 3 (Owen Mumford)
Single-use lancet for safety and easy disposal. Visual lock-out feature indicates the device has been used and is ready for disposal. Normal (yellow) available in boxes of 100.

Various store-brand lancets (Can-Am Care Corp.)
100 and 200 ct. (Standard, Thin, and Ultra/Super Thin). Sold by CVS, Walgreens, Albertson's, Wal-Mart (ReliOn), Medicine Shoppe, Kroger, Leader, Longs, Kmart (Value Plus), Meijer, Sunmark, Brite Lite, Good Neighbor, Family Pharmacy, Shop Rite, Preferred Plus.

Strips for Visual Blood Glucose Reading

Name and Manufacturer	Color Chart Increments (mg/dl)	Instructions for Use
Chemstrip bG (Roche Diagnostics)	20, 40, 80, 120, 180, 240, 400, 800	Wipe after 1 minute; read after 2.
Glucostix Reagent Strips (Bayer HealthCare, LLC, Diagnostics Division)	20, 40, 70, 110, 140, 180, 250, 400, 800	Blot after 30 seconds; wait an additional 90 seconds; read.
Select GT Strips (Hypoguard)	low, 40, 70, 120, 180, 240, 400, high	Apply blood to test areas; wait 60 seconds and turn strip over; compare color of reverse side to color chart.
Supreme Strips (Hypoguard)	low, 40, 70, 120, 180, 240, 400, high	Apply blood to test areas; wait 60 seconds and turn strip over; compare color of reverse side to color chart.

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Ask your doctor what information about your treatment plan he or she needs you to record.

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Glycohemoglobin Tests

Name (Manufacturer/Distributor)	Comments
AccuBase A1c Glycohemoglobin Test Kit (Diabetes Technologies, Inc.)	Fingerstick A1C mail-in test kit. FDA-approved for over-the-counter sales. Sample sent to CLIA-licensed, CAP, NGSP reference method lab (CV's < 1 percent). Lab report includes review of chromatogram by pathologist for presence of abnormal hemoglobins (S, C, F) and/or red blood cell disturbances (anemia or polycythemia). Positive patient ID; confidential patient tracking. Approved for diabetes or impaired glucose tolerance screening. Test results can be mailed, faxed, e-mailed, or posted on other confidential website. HIPPA compliant. For more information, visit www.diabetestechnologies.com .
A1c At Home (FlexSite Diagnostics, Inc.)	Home sample collection kit for mail-in laboratory A1C testing. Dried blood sample from fingerstick is mailed to FlexSite Diagnostics' CLIA-licensed laboratory. Results reported by mail, fax, or electronically. FDA approved for over-the-counter sales. Certified by the National Glycohemoglobin Standardization Program. For more information, go to www.flexsite.com .
Appraise A1c Diabetes Monitoring System (Matria Laboratories, Inc.)	Self-collection kit using a fingerstick blood specimen to obtain quarterly A1C (hemoglobin A1C) test results. Mail the specimen to Matria Laboratories in the enclosed first class prepaid mailer. Results are trended over time, showing the progress of the treatment plan. Results reported within 24 hours of receipt of the specimen and sent by U.S. mail, fax, or electronically. Matria Laboratories is a CLIA-licensed laboratory, certified by the National Glycohemoglobin Standardization Program, and a Medicare provider. For more information, go to www.matria.com .
BioSafe Hemoglobin A1c Test Kit (BioSafe Laboratories, Inc.)	Self-collection kit with the precision and accuracy of a reference laboratory analysis. Includes collection kit, prepaid postage to the lab, processing, results mailed back to the patient, and a toll-free customer support line to answer questions about the test or results. FDA approved for over-the-counter distribution. CLIA-licensed and CAP-accredited laboratory assures reporting standards. For more information, visit www.ebiosafe.com , or call 1-888-700-8378.
ChoiceDM A1C Home Test (Bristol Myers Squibb Company)	Lab-accurate A1C results in your home. Fingerstick followed by three-step process. Results in eight minutes. Same test as approved for doctors' offices (sold under the name A1cNOW). Available at major retailers and through diabetes mail-order suppliers. For more information, visit www.choicedm.com .

Meter Supplies

Name and Manufacturer	Product	Features
Sure Drop (Science Products)	Device	Fits over the OneTouch Profile, and OneTouch Basic; directs blood onto the test spot.
Sure Guide Strip Guide (Science Products)	Device	Aids in collecting blood sample for the Sure Step blood glucose meter. Notched groove directs blood sample to the meter strip.

GlucoWatch G2 Biographer

(Cygnus, Inc.)

Released in September 2002, the GlucoWatch G2 Biographer is a glucose monitoring device that is worn on the forearm. Glucose readings are taken noninvasively through the skin to monitor blood glucose levels. The fluid is absorbed into a small sensor in a disposable pad, called an AutoSensor, on the bottom of the device. The G2 Biographer provides automatic readings as frequently as every 10 minutes for up to 13 hours at a time and is intended to track glucose patterns and trends. It is designed to supplement, not replace, conventional blood glucose monitoring.

The G2 Biographer Starter Kit, available by prescription through a direct mail pharmacy, includes the device, instructional video, user guide, battery charger, two rechargeable batteries, and other accessories. The AutoSensor, a single-use component that provides readings for up to 13 hours, is sold separately.

For more information, call Cygnus at 1-866-459-2824 or go to www.glucowatch.com. The company address is Cygnus, Inc., 400 Penobscot Drive, Redwood City, CA 94063-4719.

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