Caring for and Testing Your iHealth Glucometer

Cleaning and Disinfecting

Cleaning and disinfection is a necessary and important part of the testing procedure. It can help to prevent infection, the potential spread of infection, and cross-contamination. Cleaning can also ensure that the meter works properly and that the display is clear and readable. The meter and lancing device should be cleaned and disinfected following each use. We recommend using a disinfecting towelette, such as a CaviWipe.

Below are the steps on how to clean the meter and lancing device.

1. After a test, clean and wash your hands.
2. Use one disinfecting towelette to carefully clean your meter, front and back.
3. Then, disinfect the meter with another towelette and allow the surface to dry naturally. Drying should take approximately 2 minutes.
4. Use the same method with the disinfecting towelettes to clean and disinfect your lancing device.

NOTE: Only the surface of the meter can be cleaned and disinfected with the disinfecting towelette. Do not insert the disinfecting towelette into the test strip port. If you do, the performance of the meter may be affected.
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Control Solution Tests

A control solution contains a known amount of glucose that reacts with the test strips and is used to check that your meter and test strips are working together properly.

Materials needed to perform a control solution test:

- iHealth Blood Glucose Meter
- iHealth Test Strip
- iHealth Control Solution

Below are the steps to perform a control solution test when the meter is connected to your iGluco app.

1. Insert a test strip into the meter’s strip port to turn on the meter.
2. Launch the iGluco app on your mobile device.
3. From the settings menu, tap Control Solution Testing, then Start Control Solution Test, and tap the picture of the Smart glucometer.
   - Ensure the CTL symbol appears on the meter’s display. When the CTL symbol appears, the meter is in control solution test mode and will not save this result in memory.
4. Apply the control solution.
   - Shake the control solution vial before use.
   - Squeeze a drop of control solution into the vial cap. For better results, it is recommended that you use the second drop of the control solution, discarding the first drop.
   - Hold the meter, and move the absorbent hole of the test strip to absorb the drop.
   - Once the confirmation window on the strip fills completely, the meter will start counting down (from 5 to 1).
   - Remove the control solution sample from the test strip when the countdown begins.
5. Read and compare the results.
   - After the meter counts down to 1, the control solution test result will appear on the meter display and in the app.
   - The result for the control solution test should be within the range printed on the test strip vial label. If the test result falls outside the specified range, repeat the test, carefully following the steps above.