Driven by the passion for innovation, we at Dr Trust endeavour to provide our customers with the latest medical inventions with an objective to promote good health and wellness all around the world. All the medical devices and health monitors provided by Dr Trust are supported by accurate, latest and ground breaking technologies, innovated at our headquarter in NY, USA. All our products adhere to the most stringent CE and FDA guidelines and are strongly recommended by doctors and health practitioners. Our products are designed in the utmost exemplary ways to ensure that their accuracy and convenience are unrivalled. The ease of their use and operation makes them even more suitable for users of all age groups.

Dr Trust strives to enhance the quality of lifestyle by providing with the most trusted and innovative health care and wellness products. Being a renowned global leader in health care products, Dr Trust ensures that our technically efficient team works dynamically and tirelessly to provide the best of the medical devices to our clients. The products that we have to offer are suitably designed for use at homes, laboratories and hospitals.

Our ground breaking solutions allow you to monitor your health in the easiest ways possible. In today's era when all of our lives are too hassled to handle, it becomes a bit difficult to pay attention to our health. But it has now become easier with the coming of the monitoring devices which can be conveniently used at homes and even on the go.

We bring to you a variety of best self medical devices, trusted and used by Doctors, medical professionals and home users all over the world.

Dr Trust

Gold Standard Blood Glucose Monitoring System - 9001

QUICK START GUIDE

Step 1

Prepare your device for testing.

Step 2

Wash and dry your hands well.

Step 3

Turn on the glucometer and insert the test strip in it.

Step 4

When Machine is ready, prick your finger with a lancet for getting a drop of blood sample.

Step 5

Draw the drop of the blood to the edge of the test strip to get the blood sugar readings.

Step 6

Wipe away any remaining blood.

NOTE:

For a fasting blood glucose test, you can't eat or drink anything except water for eight hours before your test. For random testing, you may eat and drink before testina.



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1. INTRODUCTION

Regular monitoring of your blood glucose levels can help you and your doctor gain better control of your diabetes. Dr Trust Gold Standard Blood Glucose Monitoring System – 9001 is the next generation Blood Glucose monitor using advanced GDH-FAD Enzyme technology to measure accurate blood glucose using GDH-FAD enzyme. Fast and accurate testing in just 5 seconds is ensured with only 0.5 µL blood sample. While due to its compact size and easy operation, you can use it to easily monitor your blood glucose levels by yourself anywhere, anytime.

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. It is intended to be used for the quantitative measurements of glucose (sugar) in fresh whole blood samples (from the finger, palm, forearm, and upper arm), and from venous whole blood. It should not be used for the diagnosis or screening of diabetes. Professionals may test with capillary and venous blood sample; home use is limited to capillary whole blood testing.

Test Principle:

29

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Your system measures the amount of 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 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.



19. CUSTOMER SUPPORT

20. ABOUT US

2. IMPORTANT SAFETY PRECAUTIONS

- Use this device ONLY for the intended use described in this manual.
- Do NOT use accessories which are not specified by the manufacturer.
- Do NOT use the device if it is not working properly or if it is damaged.
- This device does NOT serve as a cure for any symptoms or diseases. The
 data measured is for reference only. Always consult your doctor to have the
 results interpreted.
- Before using this device to test blood glucose, read all instructions thoroughly and practice the test. Carry out all the quality control checks as directed.
- Keep the device and testing accessories away from young children. Small items such as the battery cover, batteries, test strips, lancets and vial caps are choking hazards.
- Use this device in a dry environment, especially if synthetic materials are present (synthetic clothing, and carpets etc.) may cause damaging static discharges that may cause erroneous results.
- Do NOT use this device in close proximity to sources of strong electromagnetic radiation, as these may interfere with the accurate operation and results.
- Proper maintenance and periodically control solution tests are essential to maintain the longevity of your device.
- If you are concerned about accuracy of measurement, please follow all the instructions shared in this manual or take help from a medical practitioner.

Important Note:

- 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 any symptoms of illness, first repeat the test. If you have symptoms and

continue to get results which are higher or lower than usual, follow the treatment advice of your healthcare professional.

- Use only fresh whole blood samples to test your blood glucose. Using other substances will lead to incorrect results.
- If you are experiencing symptoms that are inconsistent, you're your blood glucose test results and you have followed all the instructions given in this owner's manual, contact your healthcare professional.
- We do not recommend using this product on severely hypotensive individuals or patients in shock. Please consult the healthcare professional before use.
- The measurement unit used for indicating the concentration of blood or plasma glucose can either have a weight dimension (mg/ dL) or a molarity (mmol/L). The approximate calculation rule for conversion of mg/dL in mmol/L is:

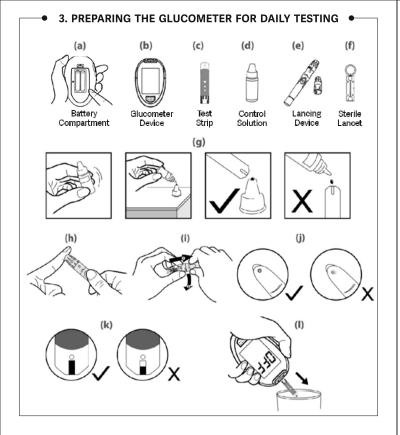
mg/dL	Divided by 18	= mmol/L
mmoL/L	Times 18	= mg/dL

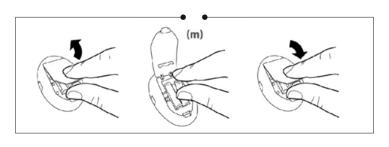
For example:

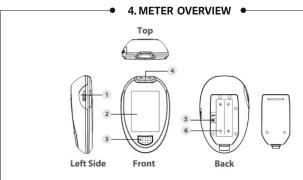
1) $120 \text{ mg/dL} \div 18 = 6.6 \text{ mmol/L}$

2) 7.2 mmol/L \times 18 = 129 mg/dL approximately.







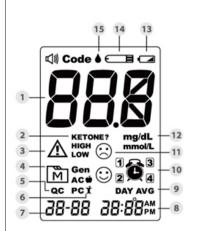


- 1. Test Strip Ejector Eject the used strip by pushing up this button.
- 2. Display Screen
 Shows blood sugar numbers with other information.



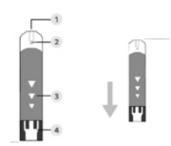
- 3. Main Button (M)
 Enter the meter memory and silence a reminder alarm.
- 4. Test Strip Slot with Strip Indication Light
- 5. SET Button (S) Enter and confirm the meter settings.
- 6. Battery Compartment For holding batteries

Display Screen



- 1Test Result
- 2 Ketone Warning 3 Error Warning
- 4 Memory Symbol
- 5 Control Solution Mode
- QC-control solution test 6 Measuring Mode
- AC-before meal
- PC-after meal
- Gen-any time of day
- 7 Date 8 Time
- 9 Day Average
- 10 Alarm Symbol 11 Face Symbol
- 12 Measurement Unit
- 13 Low Battery Symbol 14 Test Strip Symbol
- 15 Blood Drop Symbol

Test Strip



- 1. Absorbent Hole
- 2. Confirmation Window
- 3. Test Strip Handle
- 4. Contact Bars

ATTENTION:

- The front side of test strip should face up when inserting it.
- Test results might be wrong if the contact bar is not fully inserted into the test slot.

NOTE:

The glucometer should only be used with the Dr Trust Test Strips. Using other brands test strips with this meter may give inaccurate results.



5. SETTING THE METER

Before using your meter for the first time, you should check and update these settings.

1. Entering the Setting Mode

Start with the meter off (no test strip inserted). Press Setting Button (S) to move ahead.

Setting the Date

The sequence of the date setting is: YEAR-MONTH-DAY. With the YEAR / MONTH / DAY flashing in sequence, press Main Button (M) to select the correct number. Press S to move further.

3. Setting the Time Format

Press M to select the desired time format --- 12h or 24h. Press S to move to next setting.

4. Setting the Time

With the HOUR / MINUTE flashing in sequence, press M until the correct hour/minute appears. Press S to move ahead.

5. Setting the Unit of Measurement

Press M to switch between mg/dL or mmol/L. Press S to move ahead.

6. Setting the Buzzer

With the buzzer displays, press M to switch between "On" and "OFF". Press S to move ahead.

7. Deleting the Memory

- With "del" and a flashing "M" on the display, press M and select "no" to keep the results in memory, and then press S to skip.
- To delete all the results, press M and select "yes" to delete all the memory records.

8. Setting the reminder alarm

- Your meter has four reminder alarms. The meter will display "On" or "OFF". • If you don't want to set an alarm, press M to select "OFF", and then press S to
- skip this step. Or select "On" and press S to proceed. With the hour/minute flashing in
 - sequence, press M to select the correct hour/minute.
- Press S and go to the next alarm setting.

NOTE:

- 1. When the alarm beeps, press M to switch it off. Otherwise, it will beep for 2 minutes then switch off.
- 2. These parameters can ONLY be changed in the setting mode.
- 3. If the meter is idle for 3 minutes during the setting mode, it will switch off automatically.

6. THE FOUR MEASURING MODES

The glucometer has three general modes with Quality Control Testing (mode):

- 1. General Mode to monitor the level anytime.
- 2. AC Mode to check sugar level before you have breakfast. 3. PC Mode for checking the level of blood sugar after meal.
- 4. QC Mode for quality control testing.

For General Mode Testing:

- Insert a test strip to turn on the meter. The display start flashing " 🛕 " and
- Press M to switch between Gen, AC and PC mode.



7. QUALITY CONTROL TESTING

When Should the Control Solution Test be Performed?

- If it is mandatory following the local regulations in your country,
- If you suspect the meter or test strips are not working properly,
- If your test results are not consistent with how you feel, or if you think the
 results are not accurate.
- To practice the testing process, or if you have dropped or think you may have damaged the meter.

Performing a Control Solution Test

To perform a control solution test, you will need: glucometer device, test strips and control solution.

1. Insert the test strip to turn on the meter.

Insert the test strip into the meter. Wait for the meter to display the " \blacksquare " and " \blacktriangle "

2. Press M to mark this test as a control solution test

With display of "QC", the meter will store your test result in memory under "QC". If you press M again, the "QC" will disappear, and this test is no longer a Quality Control Solution test.

Warning:

When doing the control solution test, you have to mark it so that the test results will NOT mix with the TEST RESULTS stored in the memory. Failure to do so will mix up the test results with the control solution test results in memory.

3. Apply control solution

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

drop and wipe it off, then squeeze out another drop and place it on the tip of the vial cap. Hold the meter to move the absorbent hole of the test strip to touch the drop. Once the confirmation window fills completely, the meter will begin counting down.

NOTE:

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

8. TESTING WITH BLOOD SAMPLE

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 before 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 was rubbed prior to blood extraction, the difference was significantly reduced.



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

- Wash and dry your hands before starting the test.
- 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).
- Rub the puncture site for about 20 seconds before penetration.
- Clean the puncture site using cotton moistened with 70% alcohol and let it air dry.

Warning:

To reduce the chance of infection:

- √ Never share a lancet or the lancing device.
- \checkmark 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.

9. COLLECTING BLOOD SAMPLE

Fingertip testing

Press the lancing device's tip firmly against the lower side of your fingertip. Press the release button to prick your finger, and 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 hand, avoid lancing the areas with obvious veins because of 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.

Performing a Blood Test:

To perform a blood test, you will need: glucometer device, test strip, lancing device and sterile lancet

1. Insert the test strip to turn on the meter

Wait for the meter to display the " and "

3. Obtaining a blood sample

Use the pre-set lancing device to puncture the desired site. The size of the drop should be at least as big as (actual size), which is 0.5 microliter (μ L) of volume for blood glucose test.

Gently squeeze the punctured area to obtain another drop of blood. Be careful NOT to smear the blood sample.

2. Select the appropriate measuring mode by pressing M.

4. Apply the sample

Gently apply the drop of blood to the absorbent hole of the test strip at a tilted angle. Confirmation window should be filled if enough blood samples have been applied. Do NOT remove your finger until you hear a beep sound.



NOTE:

- Do not press the punctured 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 the 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.

5. Read Your Result

The result of your test will appear after the meter counts down to 0. The result will be stored in the memory automatically.

$Eject\,the\,used\,test\,strip$

 Eject the test strip by pushing the eject button on the side. Use a sharp bin to dispose of used test strips. The meter will switch itself off automatically.

Always follow the instructions in the lancing device for inserting and removing the lancet safely.

WARNING:

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

10. ALTERNATIVE SITE TESTING

You can test on a variety of locations on your body.

Important:

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



When to use AST?

Food, medication, illness, stress and exercise can affect blood glucose levels. Capillary blood at the fingertip reflects these changes faster than capillary blood at other sites. Thus, when testing blood glucose during or immediately after a meal, physical exercise, or any other event, take a 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.

Areas for the Hand

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 blood glucose results often fluctuate.

11. 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 by switching off the meter.

12. RESULTS INTERPRETATION

Reviewing Test Results

- 1. Press and release M. "M" will appear on the display. Press M again, and the first reading you see is
- 2. Press M to recall the test results stored in the meter each time you press.

the last result along with date, time and the measuring mode.

After the last test result, press Magain and the meter will be turned off.

Reviewing Blood Glucose Day Average Results

1. Press and release M.	When "M" appears on the display, keep pressing M for 3 seconds until the flashing "DAY AVG" appears. Release M and then your 7-day average result measured in general mode will appear on the display.
2. Press M	M to review 14-, 21-, 28-, 60- and 90- day average results stored in each measuring mode in the order of Gen, AC, and then PC.
3. Exit the meter memory.	Keep pressing the M and the meter will turn off after displaying the last test result.

NOTE:

- Any time you wish to exit the memory, keep pressing M for 3 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.



13. BATTERY

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

Low Battery Signal

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

- 1. The " symbol appears along with display messages: The meter is functional, and the result remains accurate, but it is time to change the hatteries
- 2. The " www. 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 the meter is turned off

- 1. Press the edge of the battery cover and lift it up to remove.
- 2. Remove the old batteries and replace with two 1.5V AAA size alkaline batteries.
- 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 the memory. As with all small batteries, these batteries should be kept away from
 - children. If swallowed, promptly seek medical assistance. Batteries might 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 reaulations.

14. CARING AND MAINTENANCE

Glucometer:

Cleaning

- 1. 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 dry cloth.
- 2. Do NOT rinse with water.
- 3. Do NOT use organic solvents to clean the meter.

Storage

- Storage conditions: -20°C to 60°C (-4°F to 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.



Disposal

The used meter should be treated as contaminated that may carry a risk of infection during measurement. The batteries in this used meter should be removed and the meter should be disposed in accordance with local regulations.

Test Strips:

Storage conditions:

- 2°C to 30°C (35.6°F to 86.0°F) temperature and below 85% relative humidity.
 Do NOT freeze.
- Store your test strips in their original vial only. Do not transfer to another container.
- Store test strip packages in a cool 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.
- Do not use test strips beyond the expiration date. This may cause inaccurate 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.

Control Solution Information:

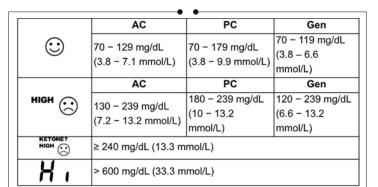
- Use only our control solutions with your meter.
- Do not use the control solution beyond the expiration date or 3 months after first opening. Write the opening date on the control solution vial and discard the remaining solution after 3 months.
- It is recommended that the control solution test be done at room temperature 20°C to 25°C (68°F to 77°F). Make sure your control solution, meter, 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 to 30°C (35.6°F to 86.0°F). Do NOT freeze.

15. ERROR MESSAGES & SYMBOLS

Symbol Messages

MESSAGE	WHAT IT MEANS
Lo	< 20 mg/dL (1.1 mmol/L)
LOW 🔆	20 - 69 mg/dL (1.1-3.8 mmol/L)





Error Messages

MESSAGE	WHAT IT MEANS	WHAT TO DO
E-b	Appears when the battery is too Low	Replace the battery immediately.
E-U	Appears when a used test strip is inserted	Repeat with a new test strip.
E-t	Appears when ambient temperature is above or 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-F	Appears when test strip is removed while counting down, or insufficient blood volume.	Review the instructions and repeat test with a new strip. If the problem persists, please contact the local customer support for help.
E-0 E-A E-E E-C	Problem with the meter.	Repeat the test with a new test strip. If the meter still does not work, please contact the customer support for assistance.

• 16. TROUBLESHOOTING •

 $1. If the \,meter\,does\,not\,display\,a\,mes sage\,after\,inserting\,a\,test\,strip;\\$

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 (3 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 to 25°C (68°F to 77°F) before testing.
Defective test strip.	Repeat the test with a new test strip.
Meter malfunction.	Please contact customer services.
Improper working of meter and test strip.	Please contact customer services.

● 17. DETAILED INFORMATION ABOUT BLOOD GLUCOSE RANGE ●

The blood glucose readings deliver plasma equivalent results and are displayed either in milligrams of glucose per deciliter of blood (mg/dL) or in millimoles of glucose per liter of blood (mmol/L).

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



● 18. SPECIFICATIONS ●		
- 10. 01 1		
Dimension & Weight:	96 (L) x 61 (W) x 26 (H) mm, 67.2 g	
Power Source:	Two 1.5V AAA alkaline batteries	
Display:	LCD	
Memory:	1000 measurement results with respective date and time	
Auto switch-off:	After 3 minutes without action	
Operating Condition:	10°C to 40°C (50°F to 104°F), below 85% R.H. (non-condensing) Meter Storage/Transportation Conditions: -20°C to 60°C (-4°F to 140°F), below 95% R.H.	
Strip Storage/Transportation Conditions:	2°C to 30°C (35.6°F to 86.0°F), below 85% R.H.	
Measurement Units:	Either mg/dL or mmol/L	
Measurement Range:	20 to 600 mg/dL (1.1 to 33.3 mmol/L)	

19. CUSTOMER SUPPORT

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