

Accu-CHEK® Performa

TESTS
REF 06453996 / 06454003 / 06454011 / 06454038 / 09049851

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Device for self-testing

Device for near-patient testing

Intended Use

The Accu-Chek Performa system consists of the Accu-Chek Performa family of meters, Accu-Chek Performa test strips, Accu-Chek Performa control solution and Accu-Chek linearity test kit.

The test strips with the dedicated blood glucose meter are intended to quantitatively measure glucose in fresh capillary, venous, arterial and neonatal whole blood as an aid in monitoring the effectiveness of glucose control. They are indicated for self-testing by people with diabetes and for near-patient testing by healthcare professionals. They are intended for in vitro diagnostic use by healthcare professionals in clinical settings and by people with diabetes at home. Meters used in combination with an insulin pump are for home use only. For specific instructions for your meter refer to your User's Manual.

Testing sites for the Accu-Chek Performa family of meters include the finger, palm, forearm, and upper arm. Meters used in combination with an insulin pump should use fingertip testing only.

The systems are not for use in diagnosis or screening of diabetes mellitus, nor for testing neonate cord blood samples. Venous, arterial, and neonatal whole blood testing is limited to healthcare professional use only.

Consumer Information

Important information: These test strips are labelled with a green 卐 symbol to distinguish them from earlier test strips that were subject to a clinically relevant maltose interference. The green symbol can be found on the test strip box and on the label of the test strip container.

"Data on file"

Introduction

Read this package insert and the User's Manual before performing a blood glucose test. Testing your blood glucose regularly may help you better manage your diabetes. Medical studies show that you and your healthcare professional can manage your blood glucose to near normal levels. This can prevent or slow the development of complications from diabetes.

The package insert contains warnings and precautions:

A **WARNING** indicates a foreseeable serious hazard. A **PRECAUTION** describes a measure you should take to use the product safely and effectively or to prevent damage to the product.

⚠ WARNING

Risk of suffocation

This product contains small parts that can be swallowed.

Keep the small parts away from small children and people who might swallow small parts.

⚠ WARNING

Risk of a serious health incident

Failure to follow testing instructions or test strip storage and handling instructions can lead to an incorrect test result. Carefully read and follow the instructions in the User's Manual and package inserts for the test strips and control solutions.

Risk of infection: Human blood is a potential source for the transmission of infection. Avoid exposing other people to contaminated components. Discard a used test strip as infectious material according to the regulations applicable in your country.

Contents of the pack

Pack containing test strips and package inserts.

Because the reactive substances are in such small quantities, they are not considered to be hazardous materials under EU regulations. If you have any questions, contact Roche. All components of the pack can be discarded in domestic waste.

Test strip storage and handling

- If the container is open or damaged before using the test strips for the first time, if the cap is not fully closed, if you see any damage to the cap or container, or if anything prevents the cap from closing properly, do not use the test strips. Contact Roche.
- Store the test strips at temperatures between 2 and 30 °C. Do not freeze the test strips.
- Use the test strips at temperatures between 8 and 44 °C.
- Use the test strips between 10 and 90 % humidity. Do not store the test strips in high heat and moisture areas such as the bathroom or kitchen.
- Store the unused test strips in their original test strip container with the cap closed.
- Close the test strip container tightly immediately after removing a test strip to protect the test strips from humidity.
- Use the test strip immediately after removing it from test strip container.
- Discard the test strips if they are past the use by date. Expired test strips can produce incorrect results. The use by date is printed on the test strip box and on the label of the test strip container next to 卐. The test strips can be used until the printed use by date when they are stored and used correctly. This applies for test strips from a new, unopened test strip container and for test strips from a test strip container already opened by the user.
- Use a test strip only once. Test strips are for single use only.

Performing a Blood Glucose Test

Note: If your meter requires an activation chip, contact Roche to obtain one.

If you have poor circulation, testing your own blood glucose may not be right for you. Ask your healthcare professional.

Clean the puncture site before obtaining a blood drop.

- Wash your hands in warm, soapy water. Rinse and dry completely.
- Prepare the lancing device.
- Check the use by date on the test strip container. Do not use test strips past the use by date.
- Insert the test strip into the meter in the direction of the arrows. The meter turns on.
- Obtain a blood drop using the lancing device.
- Touch the blood drop to the **front edge** of the yellow window of the test strip.
- Remove your finger from the test strip when 卐 appears. Do not put blood on top of the test strip.
- Remove and discard the used test strip.

Note: If the control bottle symbol and the flashing L appear on the display with your blood glucose result, an error has occurred.

Do not act on the blood glucose result. Repeat the blood glucose test with a new test strip.

Alternative Site Testing

You have the option of obtaining a blood sample from other sites on your body besides the fingertip. Alternative sites include the palm, forearm, and upper arm. If you are interested in alternative site testing (AST), talk to your healthcare professional first. Additional information on how to conduct AST and its limitations may be found in the User's Manual.

If you use your meter in combination with an insulin pump, only use fingertip testing.

⚠ WARNING

Risk of a serious health incident

Your blood glucose level changes faster in your fingertip and palm than in the AST site (forearm and upper arm). Performing a blood glucose test with blood from the forearm or upper arm may cause you to misinterpret your actual blood glucose level, leading to improper therapy.

- Do not use AST to calibrate a continuous glucose monitoring system.
- Do not use AST to make insulin dosing calculations.
- Alternative Site Testing should be done only during steady-state times (when glucose is not changing rapidly).

Understanding Test Results

The normal fasting glucose level for a non-diabetic adult is below 100 mg/dL (5.6 mmol/L). The normal glucose level for a non-diabetic adult 2 hours post-meal, e.g. simulated by 75 g Oral Glucose Tolerance Test (OGTT), is less than 140 mg/dL (7.8 mmol/L).^a A criterion for the diagnosis of diabetes in adults is a fasting glucose level of 126 mg/dL or higher (7.0 mmol/L or higher) confirmed in two tests.^{1,2,4} Adults with a fasting glucose level between 100 and 125 mg/dL (5.6 and 6.9 mmol/L) are defined as having impaired fasting glucose (prediabetes).¹ Other diagnostic criteria for diabetes exist. Consult your healthcare professional to determine if you have diabetes or not. For people with diabetes: Consult your healthcare professional for the blood glucose range appropriate for you. You should treat your low or high blood glucose as recommended by your healthcare professional.

For information on the effects and prevalence of diabetes in your area, visit the International Diabetes Federation website at www.idf.org or send an email to info@idf.org. For further advice or helpline information, refer to the national diabetes organisation for your country.

Unusual test results

If LO is displayed on the meter, your blood glucose may be below 10 mg/dL (0.6 mmol/L). If HI is displayed on the meter, your blood glucose may be over 600 mg/dL (33.3 mmol/L). If you receive an E-3 error message refer to your User's Manual.

⚠ PRECAUTION

Risk of a serious health incident

Never ignore symptoms or make significant changes to your diabetes therapy without talking to your healthcare professional.

If your blood glucose result does not match how you feel, follow these steps:

- Repeat the blood glucose test with a new test strip.
- Perform a control test as described in the User's Manual.
- Refer to the User's Manual for other causes.

If your symptoms still do not match your blood glucose results, contact your healthcare professional.

Healthcare Professional Information

The system can be used in doctors' offices, general wards, in suspected cases of diabetes and in emergency cases.

Sample collection and preparation by healthcare professionals

- When using the Accu-Chek Performa family of meters, always follow the recognised procedures for handling objects that are potentially contaminated with human material. Practice the hygiene and safety policy of your laboratory or institution.
- A blood drop is required to perform a blood glucose test. Capillary blood can be used. Venous, arterial, or neonatal blood may be used, but must be obtained by healthcare professionals.
- Take caution to clear arterial lines before the blood sample is obtained and applied to the test strip.
- The system has been tested with neonatal blood. As a matter of good clinical practice, caution is advised in the interpretation of neonate blood glucose values below 50 mg/dL (2.8 mmol/L). Follow the recommendations for follow-up care that have been set by your institution for critical blood glucose values in neonates. Blood glucose values in neonates suspect for galactosaemia should be confirmed by an alternative glucose methodology.
- To minimise the effect of glycolysis, venous or arterial blood glucose tests need to be performed within 30 minutes of obtaining the blood samples.
- Avoid air bubbles when using pipettes.
- Capillary, venous, and arterial blood samples containing these anticoagulants or preservatives are acceptable: EDTA, lithium heparin, or sodium heparin. Anticoagulants containing iodoacetate or fluoride are not recommended.
- Refrigerated samples should be brought to room temperature slowly prior to testing.

Additional information for healthcare professionals

If the blood glucose result does not reflect the patient's clinical symptoms, or seems unusually high or low, perform a control test. If the control test confirms that the system is working properly, repeat the blood glucose test. If the second blood glucose result still seems unusual, follow facility guidelines for further action. Discard components of the pack per facility guidelines. Consult local ordinances as they may vary by country.

Limitations

Certain health conditions can lead to an incorrect test result. If you know that one or more of the following health conditions apply to you, do not use the test strip. If you are unsure whether any of the health conditions apply to you, contact your healthcare professional.

- Blood concentrations of galactose >15 mg/dL (>0.83 mmol/L) will cause overestimation of blood glucose results.
- Lipemic samples (triglycerides) >1,800 mg/dL (>20.3 mmol/L) may produce elevated blood glucose results.
- Intravenous administration of ascorbic acid, which results in blood concentrations of ascorbic acid >3 mg/dL (>0.17 mmol/L), will cause overestimation of blood glucose results.
- Intravenous administration of N-Acetylcysteine, which results in blood concentrations of N-acetylcysteine >5 mg/dL (>307 μmol/L), will cause overestimation of blood glucose results. Do not use during intravenous administration of high-dose N-Acetylcysteine.
- If peripheral circulation is impaired, collection of capillary blood from the approved sample sites is not advised as the results might not be a true reflection of the physiological blood glucose level. This may apply in the following circumstances: Severe dehydration as a result of diabetic ketoacidosis or due to hyperglycemic hyperosmolar non-ketotic syndrome, hypotension, shock, decompensated heart failure NYHA Class IV, or peripheral arterial occlusive disease.
- Haematocrit should be between 10 and 65 %. Ask your healthcare professional if you do not know your haematocrit.
- The accuracy of the system has been tested at altitudes up to 3,094 metres. Do not use the system at altitudes above 3,094 metres.

Performance Characteristics

The Accu-Chek Performa family of meters, and their systems, comply with the requirements of ISO 15197:2013 (in vitro diagnostic test systems – Requirements for blood glucose monitoring systems for self-testing in managing diabetes mellitus). **Calibration and traceability:** The meter and test strips are calibrated using venous blood containing various glucose concentrations as a calibrator. The reference values are obtained using the hexokinase method which is calibrated using the ID-GCMS method. The ID-GCMS method as the method of highest metrological quality (order) is traceable to a primary NIST standard. Using this traceability chain, the results obtained with these test strips for control solutions can also be traced back to the NIST standard.

Detection limit (lowest value displayed): 10 mg/dL (0.6 mmol/L) for the test strip

System measuring range: 10–600 mg/dL (0.6–33.3 mmol/L)

Sample size: 0.6 µL

Test time: 5 seconds

System accuracy:

System accuracy results for glucose concentrations less than 100 mg/dL (less than 5.55 mmol/L)

within ±5 mg/dL (within ±0.28 mmol/L)	within ±10 mg/dL (within ±0.56 mmol/L)	within ±15 mg/dL (within ±0.83 mmol/L)
137/168 (81.5 %)	163/168 (97.0 %)	167/168 (99.4 %)

System accuracy results for glucose concentrations equal to or greater than 100 mg/dL (equal to or greater than 5.55 mmol/L)

within ±5 %	within ±10 %	within ±15 %
256/432 (59.3 %)	393/432 (91.0 %)	428/432 (99.1 %)

System accuracy results for glucose concentrations between 12 mg/dL (0.67 mmol/L) and 525 mg/dL (29.1 mmol/L)

within ±15 mg/dL or within ±15 % (within ±0.83 mmol/L or within ±15 %)
595/600 (99.2 %)

Repeatability:

Mean value	[mg/dL]	42.6	89.5	122.4	186.9	313.0
Standard deviation	[mmol/L]	2.4	5.0	6.8	10.4	17.4
Coefficient of variation [%]	[mmol/L]	1.7	3.2	4.3	7.2	11.5
	[mmol/L]	0.1	0.2	0.2	0.4	0.6

Standard deviation

Coefficient of variation [%]

Mean value	[mg/dL]	45.6	118.6	310.6
Standard deviation	[mmol/L]	2.5	6.6	17.2
	[mg/dL]	1.3	2.7	6.3
	[mmol/L]	0.09	0.2	0.3
Coefficient of variation [%]		—	2.3	2.0

Performance assessment by the user: a study evaluating glucose values from fingertip capillary blood samples obtained by 209 lay persons showed the following results:

- For glucose concentrations less than 100 mg/dL (less than 5.55 mmol/L), 97.6 % of the test results were within ±15 mg/dL (within ±0.83 mmol/L) of the results obtained through laboratory testing.
- For glucose concentrations equal to or greater than 100 mg/dL (equal to or greater than 5.55 mmol/L), 97.0 % of the test results were within ±15 % of the results obtained through laboratory testing.

Test principle: The enzyme on the test strip, mutant variant of quinoxiproin glucose dehydrogenase (Mut. Q-GDH) from *Acinetobacter calcoaceticus*, recombinant in *E. coli*, converts the glucose in the blood sample to gluconolactone. This reaction creates a harmless DC electrical current that the meter interprets for the blood glucose result. The sample and environmental conditions are evaluated using AC and DC signals.

These test strips deliver results that correspond to blood glucose concentrations in plasma as per the recommendation of the International Federation of Clinical Chemistry and Laboratory Medicine (IFCC).³ Therefore, the meter displays blood glucose concentrations that refer to plasma although whole blood is always applied to the test strip.

Reagent compositions

Mediator	6.72 %
Quinoxiproin glucose dehydrogenase ^o	15.27 %
Pyrrroloquinoline quinone	0.14 %
Buffer	34.66 %
Stabiliser	0.54 %
Non-reactive ingredients	42.66 %

^oMinimum at time of manufacture

^oFrom A. calcoaceticus, recombinant in *E. coli*, detailed description in patent application WO 2007/118647 (as "mutant 31" in table 4)

Note: For an explanation of symbols used and a list of references, refer to the end of this package insert.

Control and linearity test kits (if available)

Accu-Chek Performa control solution – Refer to the control solution package insert for details.

Accu-Chek linearity test kit – Refer to the linearity test kit package insert for details.

Visit our website at www.accu-chek.com or contact the local Roche representative for more information.

Reporting of Serious Incidents

For a patient/User/third party in the European Union and in countries with identical regulatory regime; if, during the use of this device or as a result of its use, a serious incident has occurred, please report it to the manufacturer and to your national authority.

LAST UPDATE: 2021-05

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台灣核准品名：羅氏優勝血糖機血糖試紙

香港核准品名：卓血糖機血糖試紙

本器材適用於血糖自我檢測

本器材適用於病人身邊檢測

效能/預定用途

(以下資訊僅適用於臺灣：本產品為搭配羅氏優勝血糖機，用於定量檢測指尖血、手掌新鮮血管全血的血糖值，適用於患者居家自我檢測。專業醫護人員可用於檢測靜脈血、動脈血和新生兒血，但不適用於檢測臍帶血。)

Accu-Chek Performa（羅氏優勝/卓糖）系統是由Accu-Chek Performa（羅氏優勝/卓糖）血糖機系列、Accu-Chek Performa（羅氏優勝/卓糖）試紙、Accu-Chek Performa（羅氏優勝/卓糖）品管/質控液和Accu-Chek線性組成套。

試紙及其專用血糖機適用於定量檢測新鮮微血管、靜脈、動脈和新生兒全血中的血糖，可幫助有效進行血糖監控。適用於糖尿病患者的血糖自我檢測以及由專業醫護人員執行的病人身邊檢測。它們適用於專業醫護人員在臨床診療環境下或在家庭進行額外診斷測試。與糖尿病藥劑/胰島素藥劑組合使用的血糖機僅供居家使用。關於血糖機的詳細使用說明，請參閱《使用者手冊》。

Accu-Chek Performa（羅氏優勝/卓糖）系列血糖機的檢測部位包括手指、手掌、前臂和上臂。與胰島素幫浦/胰島素泵系統組合使用的血糖機應使用指尖檢測。

這些系統並不適用於診斷或篩檢各類型糖尿病，也不適用於檢測新生兒臍帶血樣本。靜脈血、動脈血和新生兒全血檢測僅限於專業醫護人員使用。

消費者資訊

重要訊息：這些試紙標有綠色卐符號，表示這些試紙有別於以往受到臨床相關測試的麥芽糖干擾之舊式試紙。此綠色卐符號印在試紙盒及試紙標樣籤上。

內部存檔資料

簡介/效能

執行血糖檢測之前，請參閱本說明書（仿單）和《使用者手冊》。定期檢測您的血糖將有助於糖尿病的控制。許多醫學研究顯示，您和專業醫護人員可以共同將您的血糖控制在接近正常的範圍之內。如此可預防或減緩糖尿病併發症的發生。

本說明書（仿單）包含警告和預防措施：

警告表示可預見的嚴重危險。

預防措施說明為了安全且有效地使用產品或防止損壞產品而應採取的措施。

⚠ 警告

窒息風險

本產品內含可能被吞下的小物品。請將小物品放置在遠離可能吞下小物品的幼童和成人之處。

⚠ 警告

發生嚴重健康事件的風險

如果血糖檢測說明或試紙保存和使用的說明可能會導致不正確的檢測值。未能遵循檢測說明或試紙保存和使用的說明可能會導致不正確的檢測值。仔細閱讀並遵循《使用者手冊》以及試紙和品管/質控液說明書（仿單）中的說明。

感染風險：人體血液是感染傳播的潛在來源。避免使人接觸到被污染的零件片。請依照您所住國家/地區的規定，將使用過的試紙作為感染性材料丟棄。

包裝內容

包裝盒內含試紙和說明書（仿單）的。

由於其中反應物含量量極低，故依該歐盟法規不視為危險材料。如有任何疑問，請聯絡羅氏糖尿病照護部門/客戶服務部。

包裝盒內的所有物品都應當作一般家用垃圾棄棄。

試紙的保存和使用

- 在下列情況下，請不要使用試紙：若在第一次使用試紙之前試紙標是打開的或被損壞，或者若試紙瓶蓋沒有完全蓋上，或者若您發現試紙瓶蓋或試紙瓶有任何損壞，或者若有任何妨礙試紙瓶蓋正確蓋上的情況。聯絡羅氏。
- 保存試紙的環境溫度應為2至30° C之間。切勿冷凍試紙。
- 使用試紙的環境溫度應為8至44° C之間。
- 使用試紙的環境溫度應為10至90 %之間。請勿將試紙存放在高溫 and 潮濕的地方，如浴室或廚房。
- 請將未用過的試紙保存在原包裝試紙瓶中，並密閉瓶蓋。
- 每次取出試紙後，應立即蓋緊試紙瓶蓋，以免試紙受潮。
- 試紙從試紙瓶取出後，應立即使用。
- 請丟棄過期試紙，使用過期的試紙，可能導致不正確的檢測值。試紙保存期限印在試紙盒及試紙標樣籤上的 卐 標識旁。如果試紙存放與使用的方式正確，將可使用至標示的保存期限為止。這適用於未開封的新試紙標的試紙和使用者已開封的試紙瓶內的試紙。
- 試紙僅可使用一次。試紙僅供單次使用。

執行血糖檢測

注意：如果您使用的血糖機需要啟動晶片/啓動器，請聯絡羅氏糖尿病照護部門/客戶服務部以取得啟動晶片/啓動器。

如果您患有血液循環不良的問題，您可能不適合血糖自我檢測。請諮詢您的專業醫護人員。

在取得一滴血之前，請清潔採血部位。

- 用溫水和肥皂洗淨雙手。用清水沖洗後，讓雙手完全乾燥。
- 準備採血筆。
- 檢查試紙瓶蓋上的保存期限。請使用過期的試紙。
- 依箭頭方向將試紙插入血糖機，血糖機開啟。
- 使用採血筆取得一滴血。
- 將血液接觸試紙黃色反應區前緣。在出現 卐 時，將手指從試紙上移開。請勿將血滴沾在試紙上方。
- 移除並丟棄用過的試紙。

注意：如果品管/質控瓶符號和閃爍的 卐 與您的血糖檢測值一起出現在螢幕上，則表示發生了錯誤。

請勿根據所獲得的血糖檢測值操作。使用新的試紙再次進行血糖檢測。

其他部位採血檢測（AST）

您可以選擇從指尖以外身體其他部位採取血樣。其他部位可為手掌、前臂和上臂。如果您對其他部位採血（AST）感興趣，請先諮詢您的專業醫護人員。有關如何進行AST及其限制的其他資訊，可以在《使用者手冊》中找到。如果將血糖機與胰島素泵聯合使用，則僅可以使用從指尖採血檢測。

⚠ 警告

發生嚴重健康事件的風險

與AST部位（前臂和上臂）相比，指尖和手掌中的血糖值變化更快。用從前臂及上臂採血檢測血糖可能會導致您錯誤地詮釋您的實際血糖值，導致不合適的治療。

- 請勿使用AST對連續血糖監測系統進行校正。
- 請勿使用AST進行胰島素劑量計算。
- 其他部位採血（AST）僅應在穩態時間內（在血糖變化不快時）進行。

解讀檢測值

無糖尿病的健康成人的正常空腹血糖值低於100 mg/dL (5.6 mmol/L) ¹。無糖尿病的健康成人餐後兩小時，例如通過75克/克口服葡萄糖耐量試驗（OGTT）模擬的正常血糖值低於140 mg/dL (7.8 mmol/L) ⁴。一個判斷成年人是否有糖尿病的標準是經兩次檢測確定空腹血糖值達到126 mg/dL (7.0 mmol/L) 或更高。^{1,2,4} 若成年人 的變化的血糖值介於100至125 mg/dL (5.6至6.9 mmol/L) 之間，則患有葡萄糖耐量耐症（糖尿病前期）¹。除此之外，還有其他的糖尿病診斷標準。請諮詢專業醫護人員以確定您是否有糖尿病。糖尿病患者：請聯絡專業醫護人員諮詢適合您的血糖範圍。請依照專業醫護人員建議方式，治療您的低血糖或高血糖。有關您所在地區糖尿病的影嚮和盛行率的資訊，請造訪國際糖尿病聯合會（International Diabetes Federation）的網站 www.idf.org，或發送電子郵件到 info@idf.org。您還獲得更多建議或諮詢熱線資訊，請諮詢您在國家/地區的國家糖尿病組織。

異常的檢測值

如果血糖機顯示LO，則表示您的血糖值可能低於10 mg/dL (0.6 mmol/L) 。如果血糖機顯示HI，則表示您的血糖值可能高於600 mg/dL (33.3 mmol/L) 。如果您收到E-3錯誤訊息，請參閱您的《使用者手冊》。

⚠ 預防措施

