

# Useful tips for sensor wear

WHY PRICK, WHEN YOU CAN SCAN?<sup>1,2</sup>

## Sensors stick better when you wash, clean, and dry your skin before application



### 1. WASH

Only use **non-moisturizing, fragrance-free soaps** to wash the area where you'll apply the sensor



### 2. CLEAN

Use the alcohol wipe to **remove any oily residue**



### 3. DRY

**Allow your skin to fully dry** before applying the sensor. This is especially important if you plan to apply the sensor after you shower or swim



## BEFORE YOU APPLY THE SENSOR:

- Be sure to choose an approved application site—the back of your upper arm
- Do not use body lotion or cream where you'll apply the sensor as they may leave an oily residue on your skin
- Do shave any excess arm hair as it can get caught between the sensor adhesive and skin

## Add extra stickiness with these products<sup>1</sup>



### TORBOT SKIN TAG

[torbot.com](http://torbot.com)

A hypo-allergenic and latex-free “tacky” skin wipe



### SKIN-PREP PROTECTIVE WIPES

[smith-nephew.com](http://smith-nephew.com)

Helps tape and films adhere to the skin



### TEGADERM I.V.

[3m.com](http://3m.com)

A transparent film that provides adhesive strength



### MASTISOL LIQUID ADHESIVE

[eloquesthealthcare.com](http://eloquesthealthcare.com)

A clear, non-irritating liquid adhesive that secures dressings



### OVER-BANDAGE

A medical-grade adhesive; bandage or tape. If using, it must be applied at the time of sensor application. It is important that you only remove it when your sensor wear is over as the sensor may come loose when peeling it off. Be sure to leave the opening/hole in the center of the sensor uncovered so it can breathe.



1. This list is not comprehensive and does not constitute an endorsement of the manufacturer or the product quality.

# Tips to keep your sensor in place



## EASY DOES IT

Be careful not to catch your sensor on a doorway, car door, seat belt, or furniture edges



## PAT DRY

After a shower or swim, take extra care when towel drying to avoid catching or pulling off your sensor<sup>1</sup>



## DRESS FOR SUCCESS

Try to give your sensor room to breathe by wearing loose-fitting clothing and lightweight material



## CONTACT SPORTS AND HEAVY EXERCISE

Be sure to select a site on the back of your upper arm that will minimize the risk of knock-off, and consider using an over-bandage and/or any of the items on the previous page



## SLOW DOWN

When dressing or undressing, be careful that you don't catch your undergarments on the sensor



## HANDS OFF

Try not to play, pull, or touch the sensor while wearing it

Toll Free Customer Service: **00800-90033122** (Mon to Fri 9:00AM to 5:00PM) Free Home Delivery: **021-38732077** (Mon to Fri 9:00AM to 5:00PM)

Find out more at: [www.FreeStyleDiabetes.pk](http://www.FreeStyleDiabetes.pk)

1. Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes. Images and simulated data for illustrative purposes only. Not real patient or data.