



FreeStyle
Libre

Sensor Adhesion Guide

The FreeStyle Libre sensor is designed to be worn for up to 14 days. Please follow the instructions found in the user manual for skin preparation and application.



112 
mg/dL

 **Abbott**
life. to the fullest.®

Images and readings are for illustration purposes only.

*Data based on the number of users worldwide for the FreeStyle Libre system compared to the number of users for other leading personal use sensor based glucose monitoring systems.

Useful tips for sensor wear



SELECTING A SITE:

- Select an area of skin on the **back of your upper arm**
- Choose a site that is **at least 2.5 cm (1 inch) away** from an insulin injection site
- The site chosen should be **clean-shaven**
- **Do not use body lotion or cream** where you'll apply the sensor as they may leave an oily residue on skin

PREPARING THE SKIN

1. WASH

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

2. CLEAN

Use an **alcohol wipe** to clean the site and allow skin to air dry

3. DRY

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

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



DRESS FOR SUCCESS

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



OVER-BANDAGE

Check the sensor adhesion daily and if it is lifting, apply a medical grade adhesive, bandage or tape over the sensor. Only remove it when sensor wear is over as sensor may come loose when peeling it off. Make sure the opening / hole in the centre of the sensor is not covered



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



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

Removing the Sensor

Tips on handling the application site:



To remove, gently pull up the edge of the adhesive that keeps the sensor in place, and slowly peel away from your skin in one motion



Remove remaining adhesive residue on the skin with warm soapy water

If you have any questions, please call or email our friendly customer care team at:



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Monday to Friday, 8:30am–5:30pm (Not available during holidays)