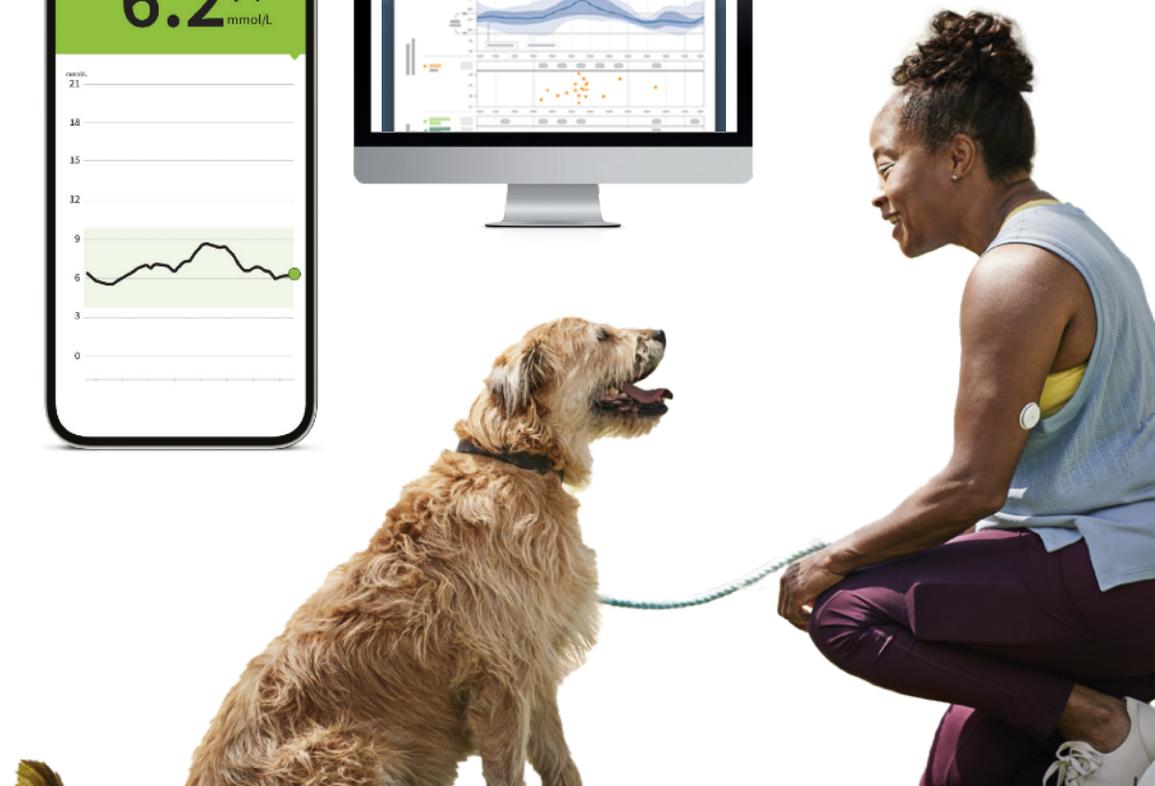




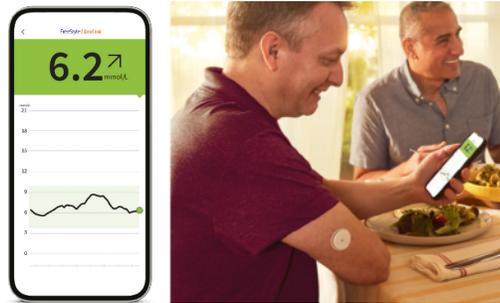
The FreeStyle Libre 2 System

Getting started

The pictures in this document are only to help you understand it.
The people are not real patients. The sugar levels are not real patients' numbers.



Helping to manage your diabetes



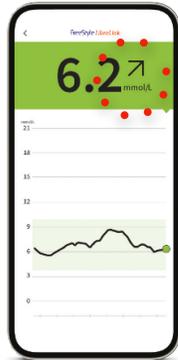
- The **FreeStyle Libre 2 system** collects information about your sugar levels.
- It uses a **sensor** on your skin instead of a finger prick test. Sometimes you will still need to do a finger prick test if you feel different to what the reading and alarm are saying.
- You put the sensor on the back of your upper arm.
- The FreeStyle Libre 2 system uses the sensor to give you information that will help you manage your diabetes.
- It can connect to your FreeStyle Libre 2 blue reader or certain phones to sound an alarm when your sugar levels are too high or too low.

The FreeStyle Libre 2 sensor



- It checks your sugar levels.
- It is small - like a £2 coin.
- It sticks to your skin for up to 14 days.
- You can wear it in the bath, shower or swimming up to 1 metre deep for up to 30 minutes.
- It is easy to put on.

The FreeStyle LibreLink app



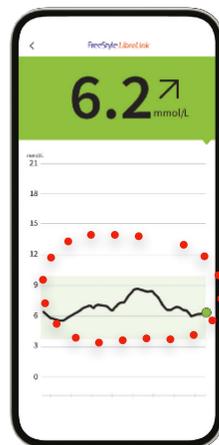
- You can use our app, called the **FreeStyle LibreLink app**, to check your sugar levels.
- The information on the app changes every minute, so you know it is up-to-date.
- It will tell you if your sugar levels are going up or going down.
- You can get the FreeStyle LibreLink app using this **QR code**. This is a square made up of little dots. If you point the camera on your phone at the QR code, your phone will read the little dots.

More information



Your FreeStyle Libre 2 will show you a reading on your phone and also:

- An arrow to say if the amount of sugar is going up or down.
- A graph to say if the amount of sugar has changed in the last 8 hours.



You can get more information about which phones work with the system on our website: [Click here](#)



The arrows

The arrows tell you if your sugar level is:

- Going up.
- Going up quickly.
- Changing slowly.
- Going down.
- Going down quickly.

No finger pricks



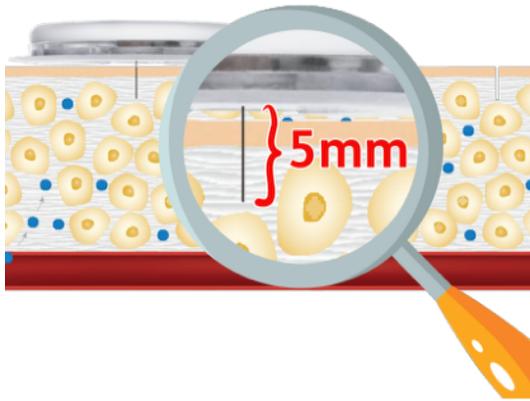
With the FreeStyle Libre 2 system, you do not need to check the amount of sugar in your body with a finger prick test.

You do not have to prick your finger:

- To give yourself **insulin** - this is the chemical your body uses to deal with sugar.
- If you think your sugar level is too low.
- If your sugar level is changing fast.
- To set up your sensor.

But you will need to do a finger prick test if you feel different to what the reading and alarm are saying.

How the sensor works



- A thin fibre goes under the skin of your arm.
- It is very short. It is only 5 millimetres long.
- It does not go as far as your **blood stream** - these are the veins in your body.
- It takes a reading from your **interstitial fluid**. This is a liquid in your skin.

Interstitial fluid

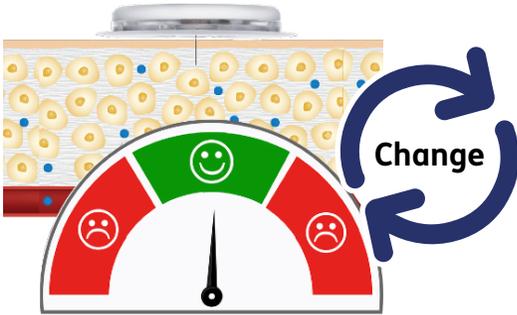


- Just below the outside of your skin is a liquid called **interstitial fluid**.
- The sensor tests how much sugar there is in your interstitial fluid.



- The amount of sugar in the interstitial fluid is a good guide to your overall sugar levels.
- The sensor can tell you when your sugar is too low or too high, because an alarm will beep on your blue reader or phone.

Changing sugar levels



- When your blood sugar levels are changing, they might be a little different to what your sensor tells you.
- This is because the sugar levels in the interstitial fluid are a little different to the levels in your blood.
- When your blood sugar levels are going up, the sensor might say that your sugar levels are lower than they really are.
- When your blood sugar levels are going down, the sensor might say that your sugar levels are higher than they really are.
- But they will not be very different. It is still safe to use the sensor to decide how much insulin you need.

Driving



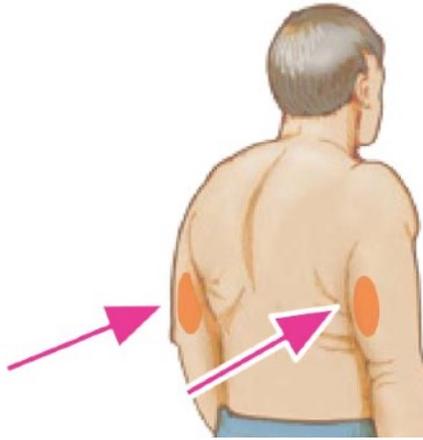
You are allowed to drive cars and motorcycles with the FreeStyle Libre 2 system.

You must do a finger prick test if:

- Your sensor says your sugar levels are **4.0mmol/L** or less.
- You feel like you have low sugar levels.
- You feel like your sugar levels are different to what your sensor says they are.
- You are becoming ill because of low sugar levels.

You are not allowed to drive buses or lorries with the FreeStyle Libre 2 system.

Putting the sensor on - 1



You should put the sensor on the back of your upper arm.

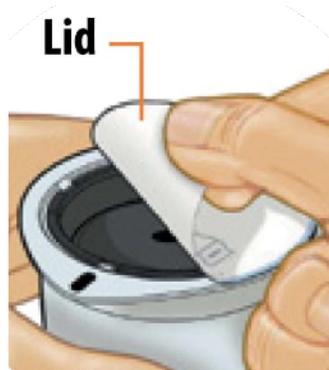
Do not use body lotion or cream where you are going to put your sensor.

Shave off any extra hair in the area.

Clean the area that you want to put it on by:

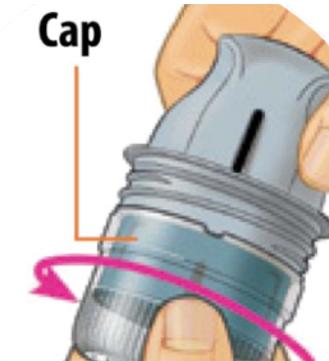
- Washing the area with soap and water.
- Wiping the area with an alcohol wipe.
- Letting the air dry the area before the next step.

Putting the sensor on - 2



Open the **sensor pack** by peeling the lid all the way off.
Unscrew the cap of the **sensor applicator** and put it to one side.

Line up the dark mark on the sensor applicator with the dark mark on the sensor pack.



Put it on a hard surface and press down on the sensor applicator until it stops.

Lift the sensor applicator out of the sensor pack.

Be careful. The sensor applicator has a needle.

Putting the sensor on - 3



Place the sensor applicator over the area on your arm that you have cleaned and dried.

Push down to put the sensor onto the back of your upper arm. Listen for the click.



Wait for a few seconds and pull back slowly, leaving the sensor on the skin.

Putting the sensor on a child



Children have smaller arms than adults, so it can be harder for them to put on the sensor.



Each time you put the sensor on a child, switch the arm you put it on. This will make it less uncomfortable for them.

Keeping your sensor in place



Easy does it

Be careful not to catch your sensor on a doorway, car door, seat belt or the edge of your furniture.



Pat dry

Take extra care when you dry yourself after a bath or shower.



Dress for success

Wear loose fitting clothes around your sensor.



Exercise

Be careful when you are doing exercise or sport.



Slow down

Be careful when you get dressed or undressed.



Hands off

Try not to play with, pull or touch the sensor while you are wearing it.

Scanning your sensor



- You only need to scan your sensor once to start getting information from your sensor on your app.
 - You start your FreeStyle Libre 2 sensor by putting your FreeStyle Libre 2 blue reader or phone over your sensor.
 - Your phone will scan the sensor and you will start automatically getting **readings**.
- A **reading** is a number that tells you what your sugar levels are.
- You can scan the sensor even if your phone does not have any signal.

How to scan the FreeStyle Libre 2 sensor with your Android phone - 1



Android means that your phone is not an Apple iPhone.



You can get more information about which phones work with the system on our website: [Click here](#)



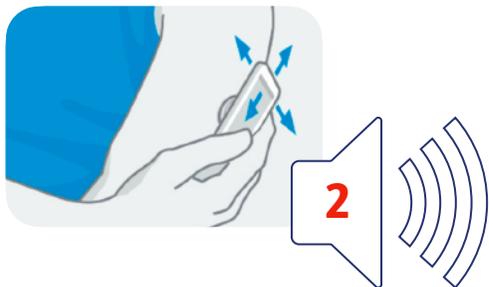
To scan:

1. Open the FreeStyle LibreLink app on your phone.
2. Hold the back of your phone near your sensor.

How to scan the FreeStyle Libre 2 sensor with your Android phone - 2



3. Don't move your phone until you hear the first noise and/or feel it buzz.



4. Keep your phone near the sensor until you hear a second noise and/or feel it buzz. This means that it has worked OK.

How to scan the sensor with an iPhone



You can get more information about which phones work with the system on our website: [Click here](#)



To scan:

1. Open the FreeStyle LibreLink app on your iPhone and tap the scan button.
2. Hold the top of the iPhone near your sensor.
3. Wait until you hear a tone and feel a vibration. This means that it has worked OK.



Alarms



You can set an alarm on your FreeStyle Libre 2 blue reader or phone. Alarms can go off when your sugar levels are too high or too low.

You can only set an alarm on one device.

It's called a **glucose alarm**. **Glucose** is another word for sugar.



When your alarm goes off, you will get a **notification** on your phone. It will look like this.

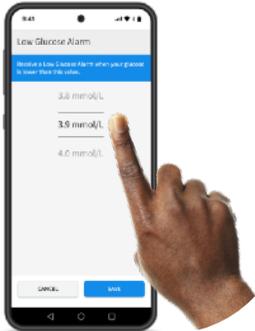
Tap on the notification to check the alarm. This will stop the alarm.

How to set an alarm on your phone



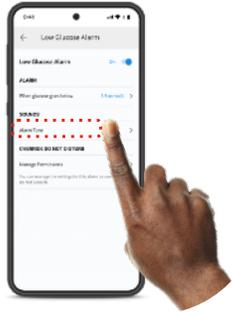
● Open the FreeStyle LibreLink app.

● Tap **Alarms** in the menu.

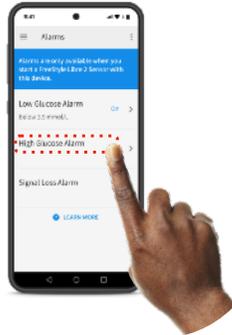


● Touch **Low Glucose Alarm** and turn on alarm.

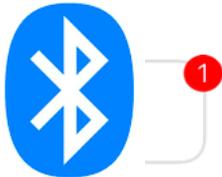
● Scroll to choose **Low Glucose Value**.



- Touch **Alarm Tone** and choose what sound you want to hear when the alarm goes off.



- Set your **High Glucose Alarm** by choosing **High Glucose Alarm** from the **Alarms** menu and scrolling to choose **High Glucose Value**.



You will need to have Bluetooth, notifications, sounds, vibrations and alarms turned **on** to use the alarm.



And your phone will need to be within 6 metres of the sensor.

Getting rid of waste safely



- The used sensor should be wiped clean and put into your electrical waste - the same as a battery.

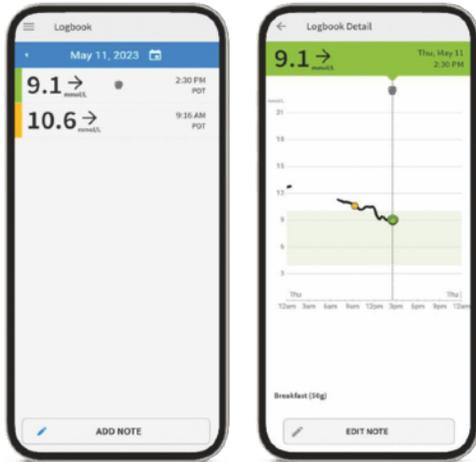


- Put your old applicator in the yellow 'biohazard' bag.



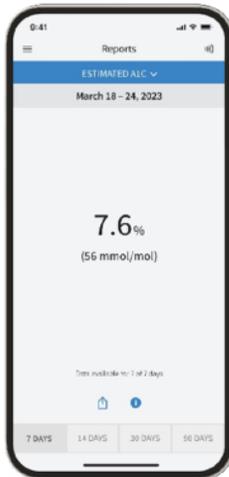
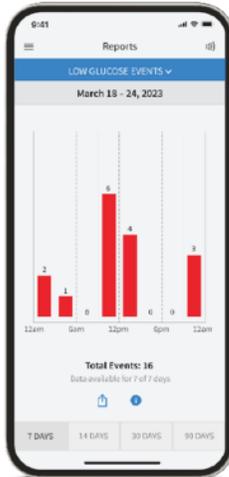
- Put your old sensor packaging in your normal bin.

Reports



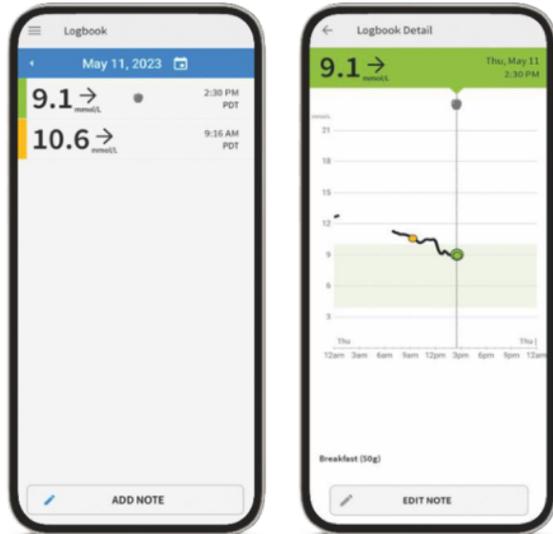
The FreeStyle LibreLink App makes different reports. These let you see information about your sugar levels.

- **Logbook** - this has information about scans that you have done and other logged notes. There is more information on this on slide 29.
- **Daily Graph** - this shows all of your readings.
- **Average Glucose** - this shows you what your sugar levels usually are.
- **Daily Patterns** - this shows how your sugar levels change over a normal day.



- **Time in Range** - this shows how much time your sugar levels were not too high and not too low. There is more information about this on page 35.
- **Low Glucose Events** - this has information about times that your sugar levels were too low.
- **Sensor Usage** - this has information about how often you scanned your sensor.
- **Estimated A1c** - this gives you an idea of how much sugar was in your blood over the last 3 months.

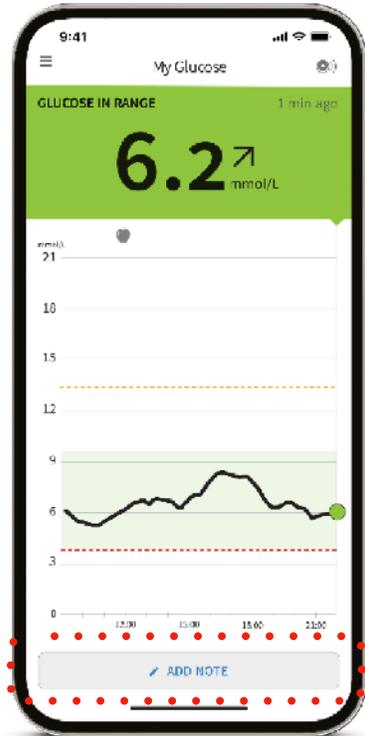
Your logbook



You can use your **logbook** to keep track of information including:

- Notes about food you have eaten, insulin you have taken, exercise you have done and any extra notes.
- Sugar levels. These will only be stored if they are scanned.

Adding notes



Adding notes to your logbook can give you extra information that will help you to stay healthy.

To add notes to your logbook:

- Tap **Add Note** when you are looking at your sugar levels.
- Choose which kind of note you want to make.
- Write down details about your note.
- Tap **Done**.

Stay connected



You can see all the information about your diabetes on your computer with the LibreView system.

You can share information about your sugar levels with your doctor.



Your family and friends can help you to manage your diabetes by using **LibreLinkUp** on their phone.

Your doctor can see information about your diabetes on a computer connected to the internet, anytime, anywhere.

Joining the LibreView system

You can join the LibreView system by either:



1. Asking your healthcare professional to invite you

You will get an email. Click on the link on the email and follow the instructions.



2. Joining through your LibreView account

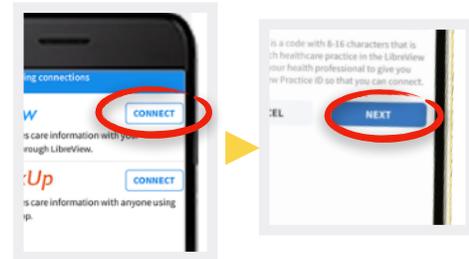
- Ask your healthcare professional for their **Practice ID**. This is some numbers and letters that tell the app which doctor you are seeing.

- Click on the 3 little lines in the top left of the screen of your open FreeStyle LibreLink app.



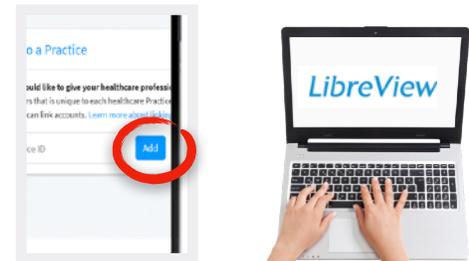
- Click **Connected apps**.

- Click **Connect** next to LibreView.



- Click on **My Practices**.

- Enter the **Practice ID** and click on **Add**.



You can also use your computer to join through your LibreView account.

LibreLinkUp



LibreLinkUp is an app that your family or carers can use.

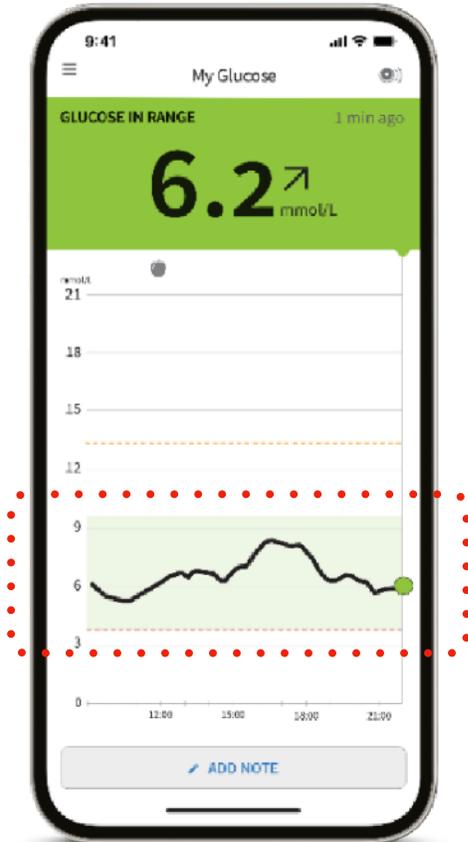
You can choose to share information from your sensor with this app.

This will let your family or carers:



- Check your sugar levels any time your sensor is active and connected.
- Set their own alarm, so they know when your sugar levels are too high or too low.

Time in Range



Time in Range is the amount of time your sugar levels are not too high, and not too low.

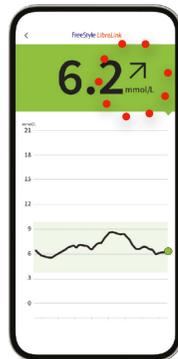
By looking at your Time in Range, you can see whether your sugar levels are spending too much time at high or low levels.

More Time in Range will help you to stay healthy.

The FreeStyle Libre 2 system works out your Time in Range.

More Time in Range

To help increase your Time in Range, you can:



- Try not to do things that make your sugar levels change a lot, like eating a lot of **heavy carbs** - this is food like pasta and potatoes.
- Keep checking your sugar levels.
- Keep doing what works for you.

Training



- You can get more information with our online training.
- Find out more about this at: www.FreeStyle.Abbott/uk-en/support/tutorialsanddownloads.html
- You can also visit our website by using this QR Code.

More training



- You can get more health and support by visiting:
MyFreeStyle | Abbott



Flash Glucose Monitoring Education Programme

You can get training and information about using FreeStyle Libre 2 system at: www.abcd.care/dtn/flash-glucose-monitoring

The reader



The FreeStyle Libre 2 blue reader has:

- A touchscreen.
- A home button.
- A socket for a cable to go to your computer.
- A socket for your test strip.
- An alarm that you can set to go off when your sugar levels are too high or too low.

How to scan the sensor with a FreeStyle Libre 2 blue reader



1. Press the 'Home' button to turn the reader on.

2. Press 'Start new sensor' on the screen.



3. Hold the reader close to the sensor. It will beep to say it has started to work.

How to set an alarm with a FreeStyle Libre 2 blue reader



You cannot set an alarm on your reader if you have already set the alarm on your phone.

If you want the alarms on your reader instead, you need to start the sensor with the reader, not your phone.



1. Touch the **settings** symbol in the top right of the screen.
2. Touch **Alarms**, then **Change Alarm Settings**.
3. Choose **Low Glucose Alarm**, **High Glucose Alarm**, or **Signal Loss Alarm**. Then touch the switch to turn on the alarm.

How to set an alarm with a FreeStyle Libre 2 blue reader



4. Use arrows to choose your **Low** and **High Glucose Alarms**.



5. Check your **Alarm Settings**.

6. Touch **Sound and Vibration** to choose what sound you want the alarm to make.



For the alarm to work, the reader needs to be within 6 metres of the sensor.

If you need help



For help with the app, please call: 0800 170 1177.

This telephone line is open Monday to Friday, 8:00am to 8:00pm.
And Saturday, 9:00am to 5:00pm.



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