

# The FreeStyle Libre system

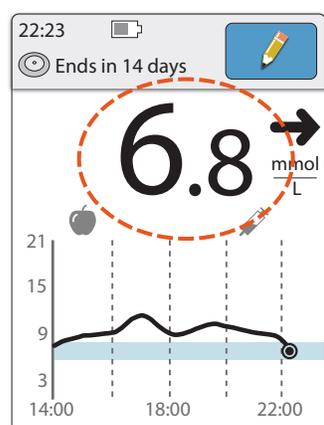
## Understanding your scan

Treatment decisions using the FreeStyle Libre system should be based on the following:

- Sensor glucose reading
- Glucose graph
- Glucose trend arrow
- If available, the glucose message

Treatment decisions should not be based on the sensor glucose number alone and you should remain mindful of any symptoms you may be experiencing.

**Note:** It is important for you to consult with the product manual and your healthcare professional about times in which you may be recommended to confirm with a blood glucose test or if one of the items below is missing.



### Consideration 1: Sensor glucose reading

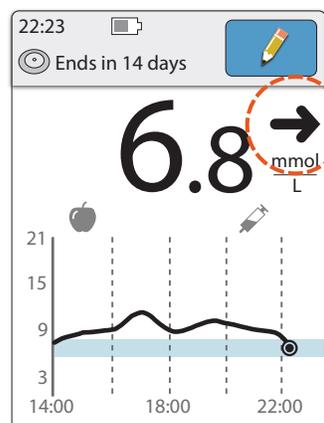
**When looking at the glucose number:**

My glucose target range is between \_\_\_\_\_ mmol/L and \_\_\_\_\_ mmol/L. This is represented on the screen in the shaded area. Has my healthcare professional given me suggestions around things like:

- Driving targets
- Pre-/post-meal targets
- Bedtime target
- Medication that may impact my glucose

**Note:** In place of a number, you may see "HI" if your glucose is above 27.8 mmol/L or "LO" if your glucose is below 2.2 mmol/L.

Healthcare professional comments:



### Consideration 2: Trend arrow

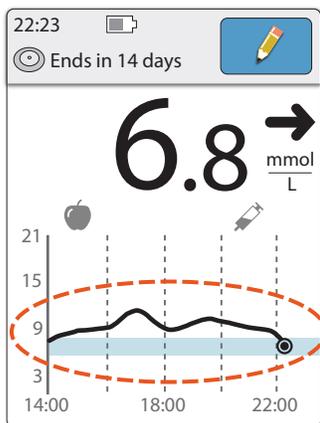
**Trend arrows tell you the direction glucose is going. Consider what direction your glucose is headed based on the trend arrow (↑↗→↘↓).**

The following are things to consider with each of the arrows:

- **Up arrow:** After eating, missed medication, illness, stress/exercise, scan timing, alcohol
- **Down arrow:** Exercise, insulin, ate less, missed meal, medication, alcohol
- **Stable arrow:** Glucose changing slowly, ideally in target, between meals, overnight, stable activity

**Note:** Review the various trend arrow icons and what they mean. This information can be found in the manual.

Healthcare professional comments:



### Consideration 3: Glucose graph

Reflect on the previous 8-hour glucose line.

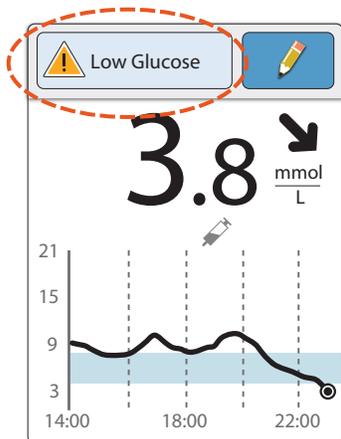
- Did you have any lows?
  - Do you recall having symptoms?
  - Can you think of possible causes?
- Where is the line in relation to your target range?
- What is the shape of the line?
  - Does it go up or down as you might expect?
- Overnight, the goal is to have a flat line in the target range
- If there were areas outside the target, reflect on what may have led to that result
  - Consider if this is happening often

Healthcare professional comments:

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### Consideration 4: Glucose message

Review the various glucose messages with your healthcare professional.

#### Low glucose

- Confirm with blood glucose test strip
- Treat and test again

#### High glucose

- Consider if action is required

#### Glucose going Low/High

- If going low, confirm with blood glucose test strip
- Consider if action is required

Healthcare professional comments:

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Once you have gone through the considerations above, it is important to reflect on treatment decisions and lifestyle factors that affect your glucose levels.

When scanning, if any of the information above does not reflect what you might expect, take a moment to ask yourself:

- Have I done something differently that may have affected my glucose?
- What can I learn about how various factors impact my glucose levels? (i.e., exercise, stress, food)

Use the space below to note any learnings or items you wish to discuss with your healthcare professional.

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