FreeStyle Libre

Sensor Application & Adhesion Guide

Where to place the sensor



- Select a flat area on the **back of your upper arm** (no bending or folding).
- Choose a place that is at least 1 inch (2.5 cm) **away from an insulin injection site**.
- To avoid irritation, we recommend **moving your next sensor** to the other arm.

How to prep your skin



1. **WASH** — Only use non-moisturizing, fragrance-free soap to wash the area where you'll apply the sensor.
2. **CLEAN** — Use an alcohol wipe to remove any oily residue.
3. **DRY** — Skin must be completely dry. Take extra care after showering, swimming* or working out.

Top prep tips for extra stickiness

MOISTURE
Application area needs to be completely dry

HAIR
Consider shaving the application area

OILY RESIDUE
Application area should be free of soap, lotion, shampoo, or conditioner

*Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes.
See page 4 for Important Safety Information

Prepare the sensor

FreeStyle Libre 2 sensor

Line up the mark on the sensor applicator with the mark on the sensor pack. On a hard surface, press down firmly on the sensor applicator until it comes to a stop.



NOTE: Sensor pack and sensor applicator codes must match or glucose readings may be inaccurate.

CAUTION: Sensor applicators will contain a needle. Do not touch inside the sensor applicator or put it back into the sensor pack.

FreeStyle Libre 3 sensor

Unscrew cap from applicator and set cap aside.





Apply the sensor

To apply the sensor, press firmly and listen for the click. Pull back slowly after a few seconds.

NOTE: The needle does not stay in your arm.

Remove and replace your sensor

- Pull up the adhesive edge and slowly peel it away from your skin.
- You can use products with moisturizing properties to help remove your sensor including baby oil or adhesive removers like Uni-Solve*.
- To dispose of your sensor, follow your local regulations for electronic equipment, batteries, sharps, and materials that are exposed to body fluids.

*The information above does not constitute an endorsement of the manufacturer or the product quality. Abbott Diabetes Care is not responsible for the completeness or accuracy of product information. Product availability may vary by country and region. The manufacturer's instructions for use of each product should be followed.

See page 4 for Important Safety Information

Tips for keeping your sensor in place

EASY DOES IT
Be careful not to catch your sensor on objects such as doorways, car doors, seat belts, and furniture edges.

SLOW DOWN
When dressing or undressing, be careful not to catch your undergarments on the sensor.

PAT DRY
After a shower or swim‡, take extra care when toweling off to avoid catching or pulling off your sensor.

PLAY IT SAFE
For contact sports and heavy exercise, select a sensor site on the back of your upper arm that minimizes the risk of the sensor being knocked off.

DRESS FOR SUCCESS
Give your sensor room to breathe by wearing loose-fitting clothing§ and lightweight materials.

HANDS OFF
Try not to play with, pull, or touch the sensor while wearing it.

Products that add extra stickiness*

OVER-BANDAGE
A medical-grade adhesive; bandage or tape†



TEGADERM I.V. (OVERBANDAGE)
A transparent film that provides adhesive strength



TORBOT SKIN TAC™
A hypoallergenic and latex-free “tacky” skin barrier



SKIN-PREP® PROTECTIVE BARRIER WIPES
Protective liquid dressing that allows skin to breathe so tapes and films adhere better



MASTISOL® LIQUID ADHESIVE
Clear, non-irritating, non-water-soluble liquid adhesive that secures dressings even in moist areas



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See page 4 for Important Safety Information

Staying on top of your glucose doesn't have to be a pain.

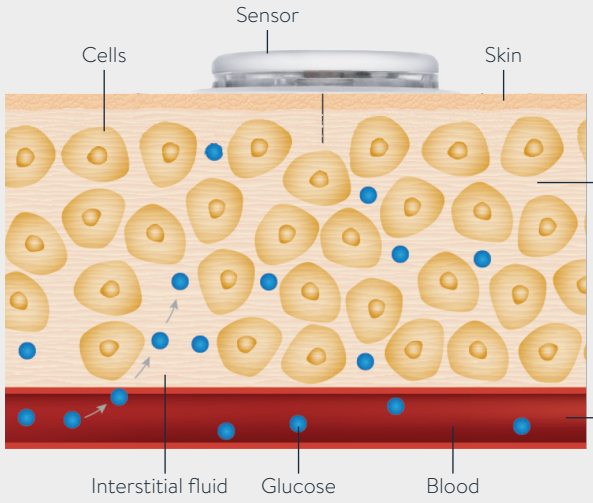
The FreeStyle Libre 3 CGM system shows readings in real time

You can easily see your glucose levels, where they're going, and where they've been — for more informed decisions*[1] without painful fingersticks†.

BGM shows readings at a single point in time

Even with multiple daily fingersticks, highs and lows may go undetected.

CGM measures glucose levels via interstitial fluid, not from blood.



CGM readings are taken from interstitial fluid surrounding cells below your skin.

Blood glucose readings are taken from blood with fingersticks.

We're here to help. For further assistance with sensor adhesion, please contact **Abbott Customer Care Team** at **1-855-632-8658**.

The team is available 7 days a week from 8 AM to 8 PM Eastern Time, excluding holidays.

*Study was performed with the outside US version of the FreeStyle Libre 14 day system. Data is applicable to FreeStyle Libre 3 system, as feature sets are similar to FreeStyle Libre 14 day system, excluding alarms. †Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first twelve hours.

References: 1. Fokkert, M. *BMJ Open Diabetes Research & Care* (2019). https://doi.org/10.1136/bmjdrc-2019-000809. **2.** Tarini, C. *Glucose Sensor Use in Children and Adolescents* (2020). https://doi.org/10.1007/978-3-030-42806-8_2.

Important Safety Information

Product for prescription only, for Important Safety Information please visit FreeStyleLibre.us

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