

# 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 & application.



## 1. Selecting a site

Select an area of the skin on the back of your upper arm that generally stays flat during normal daily activities (no bending or folding). Choose a site that is at least 2.5 cm away from an insulin injection site. To prevent discomfort or skin irritation, select a different site other than the one most recently used.



## 2. Preparing the skin

### ISSUE

### SUGGESTION

#### Oily surface

Soap, lotion, shampoo or conditioner might leave oily residue on the skin, preventing the sensor from sticking properly.

To improve adhesion, clean the skin with soap and water, dry the skin and clean the skin with the alcohol wipes supplied with the sensor.

#### Wet surface

Moisture gets in the way of adhesion. Keep the skin dry prior to application.

To improve adhesion, allow the skin to air dry (do not blow on it), before proceeding with the sensor application.

#### Hairy surface

Hair gets in between the skin and sensor adhesive.

Check where you are intending to apply the sensor and choose the least hairy site.



**WHY PRICK, WHEN YOU CAN SCAN?\***



*life. to the fullest.*

**Abbott**

\*Scanning the sensor to obtain glucose values does not require lancets. A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycaemia or impending hypoglycaemia is reported by the System or when symptoms do not match the System readings.



### 3. Helping the sensor stick

Torbot Skin Tac™	A latex-free “tacky” skin barrier.
SKIN-PREP™ Protective Barrier Wipe	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.

Check the sensor adhesion daily and if it is lifting, apply a medical grade adhesive, bandage or tape over the sensor. Make sure the opening / hole in the centre of the sensor is not covered.



### 4. Removing the sensor

Baby oil	Soft moisturiser.
Remove™ Adhesive Remover	Removes adhesive residue on skin.
UNI-SOLVE™ Adhesive Remover	Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing tape and appliance adhesives.

### 5. Helpful tips



#### Bumping into objects

Use extra care while moving during the day. Avoid bumping or catching your sensor on doorframes, car doors, furniture, people, pets or other hard objects.



#### Getting dressed

Use extra care to avoid hitting or catching the sensor on clothing while getting dressed. Take care when wearing tight clothing on your arms, as this may pull off the sensor.



#### Touching the sensor adhesive

Avoid touching, pushing, or pulling on the sensor. Also, you (and those around you) should not touch, scratch, or pull on the adhesive around the sensor, even if the adhesive has begun to peel.



#### Showering/bathing

The sensor is water resistant, but use extra care when cleaning around the sensor and when toweling off so that you do not catch or pull off the sensor. The sensor is water-resistant in up to one metre (3 feet) of water for a maximum of 30 minutes.



#### More information

Check out the User Guide that comes with your FreeStyle Libre, or visit [www.freestylelibre.co.nz](http://www.freestylelibre.co.nz).



**0800 106 100**

If you have any questions, please contact our customer service team (toll free from New Zealand).



*life. to the fullest.*

**Abbott**

Abbott Diabetes Care is not affiliated with the manufacturers of the products listed. Reference to third-party products does not constitute or imply an endorsement, recommendation, sponsorship or favouring of any product or manufacturer. Abbott Diabetes Care is not responsible for the completeness or accuracy of any information regarding third-party products. Abbott Diabetes Care makes no representations, expressed or implied, regarding third-party products or their manufacturers, quality or suitability for you. Manufacturers' instructions for use of each product should be followed.

The FreeStyle Libre Flash Glucose Monitoring System is indicated for measuring interstitial fluid glucose levels in people (aged 4 and older) with insulin-dependent diabetes. The indication for children (age 4 - 17) is limited to those who are supervised by a caregiver who is at least 18 years of age. Always read the instructions for use. The sensor must be removed prior to Magnetic Resonance Imaging (MRI).

FreeStyle, Libre, and related brand marks are trademarks of Abbott Diabetes Care Inc. in various jurisdictions. Information contained herein is for distribution outside of the USA only. For more information call Customer Service on 0800 106 100. MediRay New Zealand, 53-55 Paul Matthews Road, Albany, Auckland 0632 [www.mediray.co.nz](http://www.mediray.co.nz) NZBN 9429041039915 ADC-15438 V1.0