



# TIPS & TRICKS

Why prick, when you can scan?\*



FreeStyle  
**Libre**

FLASH GLUCOSE MONITORING SYSTEM



*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 hyperglycaemia is reported by the System or when symptoms do not match the System readings.

# 1 **FreeStyle Libre overview**

The FreeStyle Libre system is designed to replace routine blood glucose testing in the self-management of diabetes<sup>§</sup>.

## Applying the sensor



The FreeStyle Libre sensor is applied to the back of the upper arm with a simple, disposable device called an applicator. Clean your skin with soap and water and thoroughly clean the area with the alcohol wipes supplied with the sensor. The sensor needs to be applied to clean, dry skin.

When the sensor is applied, a thin, flexible and sterile fibre is inserted just under the skin. It is held in place with a small adhesive pad.

## Scanning the sensor



To obtain a glucose reading, simply perform a quick, painless 1-second scan of your smartphone or reader over the sensor. This scan gives you more information than monitoring with blood glucose strips and without the need for routine finger pricks<sup>§</sup>. The FreeStyle Libre system also offers software to generate concise reports to assist with the analysis of glucose data.

<sup>§</sup>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.



## Glucose reading

Each scan of the FreeStyle LibreLink app or reader over the sensor gives a current glucose reading, the last 8-hours of glucose history, and a trend arrow showing where your glucose is heading. The sensor can be scanned by your smartphone or reader through clothing with a thickness of up to 4cm.

## More information

For more information about downloading the FreeStyle LibreLink app and linking it with your sensor, please see pages 12 & 13 in this booklet.

More information is also available at [FreeStyleLibre.co.nz](http://FreeStyleLibre.co.nz).

 **0800 106 100**

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



## 2 Preparing the skin for sensor application

### ISSUE

#### Oily surface

Lotion, shampoo or conditioner might leave oily residue on the skin which may prevent the sensor from sticking properly.

#### Wet surface

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

#### Hairy surface

Hair gets in-between the skin & sensor adhesive.

## SUGGESTION

To improve adhesion, clean the skin with soap and water, dry the skin and clean the skin with an alcohol wipe to remove any oily residue.

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

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

**Tip: Everyone's skin is different, so if you notice any changes to your skin where you applied the sensor, please contact your healthcare professional.**



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# 3

## Here's what you see with every painless scan<sup>1</sup>





## The trend arrow<sup>‡</sup>

Shows where your glucose is heading which helps you make more informed choices



**Glucose is rising quickly**  
(more than 0.1 mmol/L per minute)



**Glucose is rising**  
(between 0.06 and 0.1 mmol/L per minute)



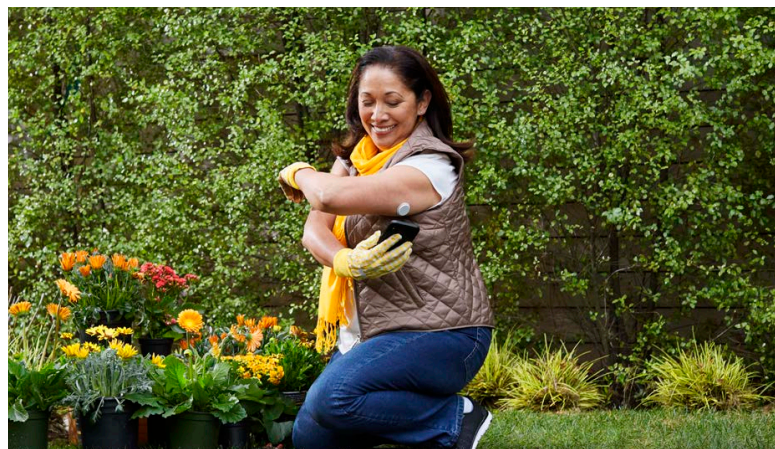
**Glucose is changing slowly**  
(less than 0.06 mmol/L per minute)



**Glucose is falling**  
(between 0.06 and 0.1 mmol/L per minute)



**Glucose is falling quickly**  
(more than 0.1 mmol/L per minute)



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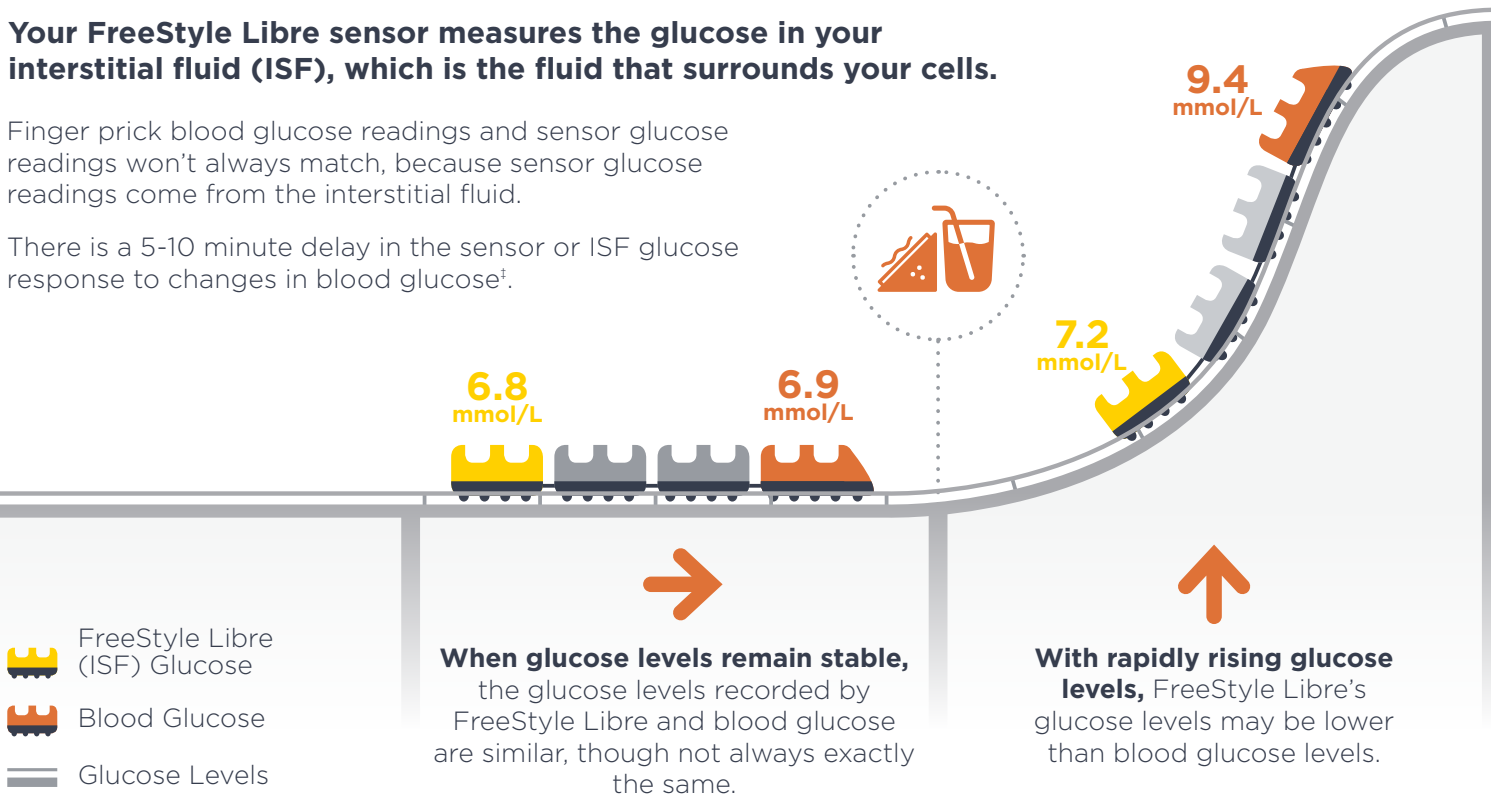
<sup>‡</sup> The Glucose Trend Arrow may not always appear with your reading.

# 4 How does the sensor reading compare with a blood glucose reading?

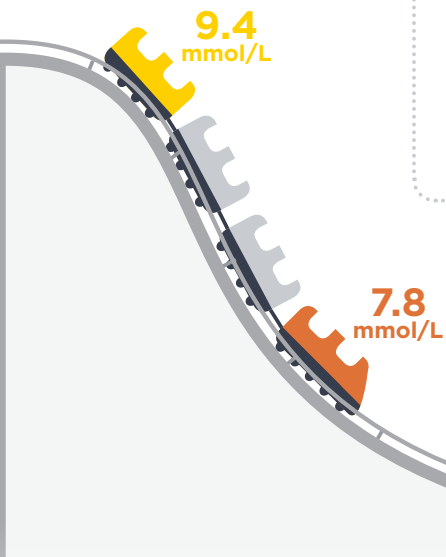
**Your FreeStyle Libre sensor measures the glucose in your interstitial fluid (ISF), which is the fluid that surrounds your cells.**

Finger prick blood glucose readings and sensor glucose readings won't always match, because sensor glucose readings come from the interstitial fluid.

There is a 5-10 minute delay in the sensor or ISF glucose response to changes in blood glucose<sup>†</sup>.







## VISIT

**FreeStyleLibre.co.nz** to learn more about the differences between blood glucose and sensor glucose.



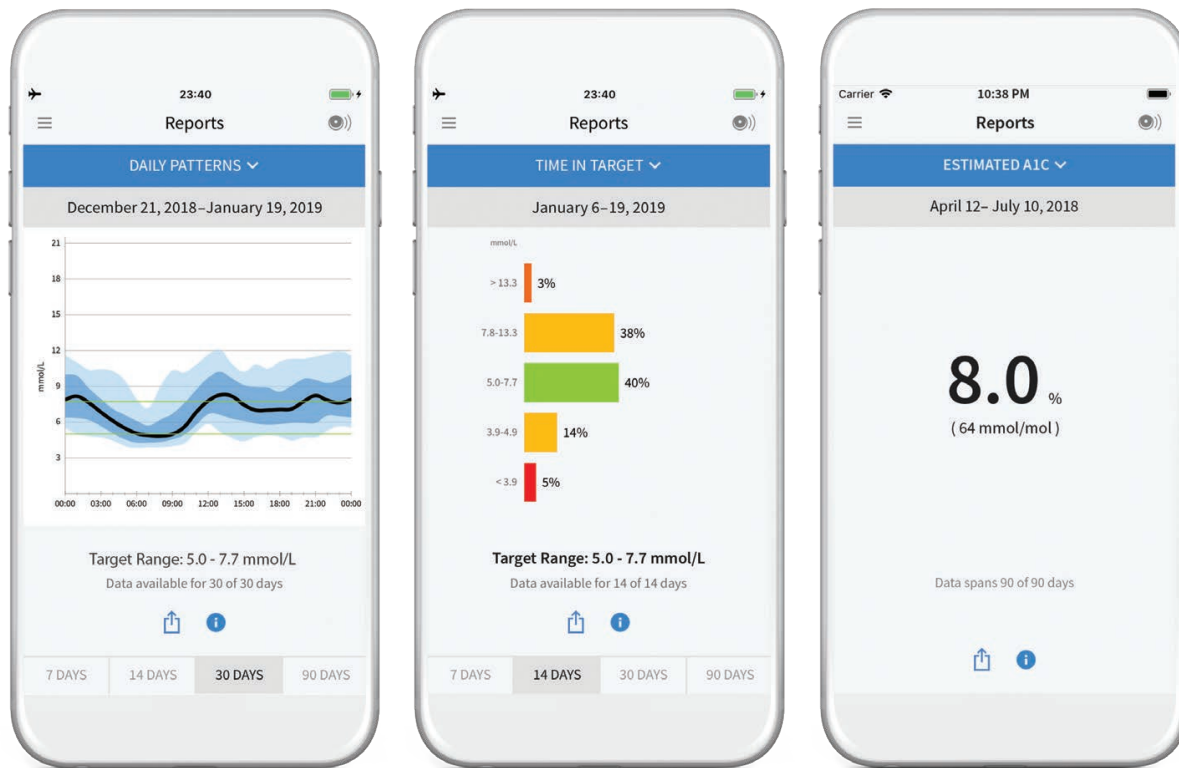
**For rapidly falling glucose,**  
the FreeStyle Libre glucose  
levels may be higher than the  
blood glucose levels.

‡With FreeStyle Libre, there is a 5–10 minute delay in ISF glucose responses to change in blood glucose.<sup>2,3</sup>

# 5

## FreeStyle LibreLink reports

There are a number of reports within FreeStyle LibreLink that can help provide more information about the impact diet, exercise and insulin have on your glucose levels.

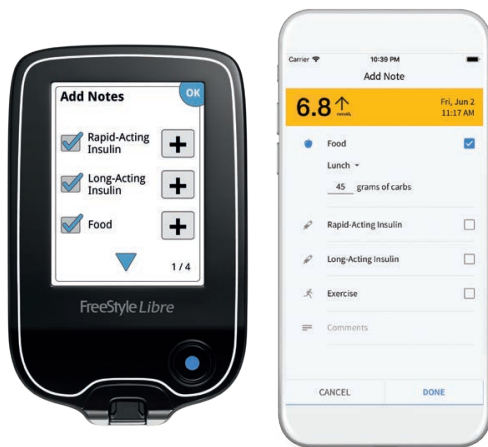


# 6

## Using the note function

Enter your food, your insulin quantity, and your activities as a note in the reader or in the FreeStyle LibreLink app.

The processing time for notes in the reader is limited to **15 minutes** after the scan. You can enter the notes for an unlimited period in the FreeStyle LibreLink app.



# 7

## FreeStyle Libre reader is versatile

The FreeStyle Libre reader can also monitor your blood glucose or your blood ketones. Just use FreeStyle Optium Blood Glucose Test Strips or FreeStyle Optium  $\beta$ -Ketone Test Strips.



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, hypoglycaemia or impending hypoglycaemia is reported by the system, or when symptoms do not match the system readings.



## FreeStyle LibreLink

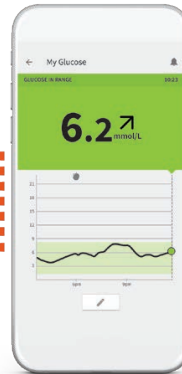
**Download the FreeStyle LibreLink app from the App Store or the Google Play Store and check your glucose anytime, anywhere using your smartphone.<sup>4,5</sup>**

The FreeStyle LibreLink app is compatible with NFC enabled phones running Android 5.0 or higher, or with iPhone 7 or higher, running iOS 11, or higher.

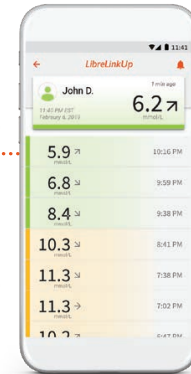


## LibreLinkUp

**With LibreLinkUp<sup>6</sup>, you can now share your glucose readings with caregivers, family and friends anytime, anywhere.** Using the FreeStyle LibreLink app on your smartphone, tap on the 'Share' button to connect<sup>7</sup>. Once family and friends download the LibreLinkUp app<sup>6</sup> they can accept your request and begin remotely monitoring your glucose readings and trends<sup>8</sup>.

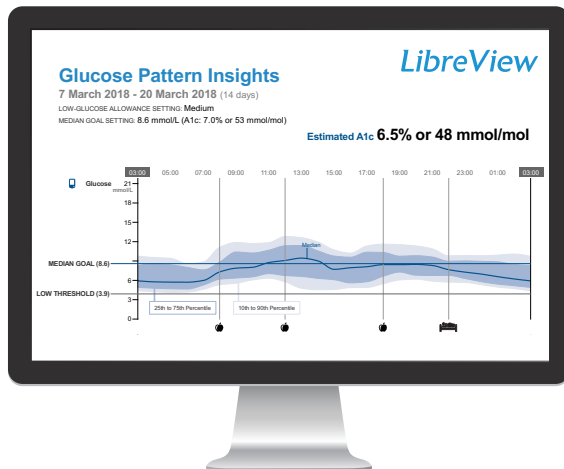


Now share with  
up to **20 people**



# LibreView

Each time you scan your FreeStyle Libre sensor with the FreeStyle LibreLink app, your glucose data is automatically uploaded to LibreView<sup>9,10</sup>, a secure, cloud-based diabetes management system. To view your comprehensive glucose data or share your data with your healthcare professional visit [www.libreview.com](http://www.libreview.com)



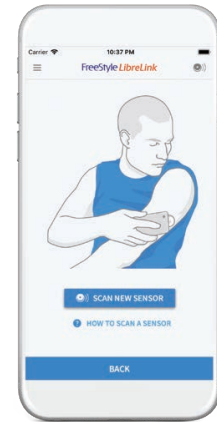
## 8 Now you can use your smartphone to scan your sensor and share your glucose readings

It's up to you.

If you wish to use both the reader and the FreeStyle LibreLink app with a sensor, make sure you activate the new sensor with the reader first and then activate the FreeStyle LibreLink app.



1.

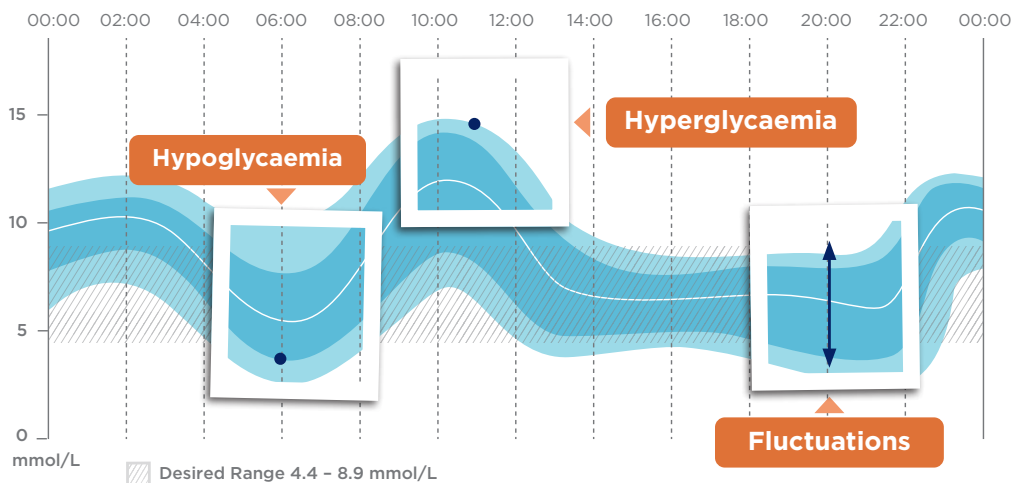


2.

# 9

## Discuss your Ambulatory Glucose Profile (AGP) with your healthcare professional

**An AGP depicts the glucose values obtained over several days as a standardised 24-hour day.** This way, it is easy to recognise when glucose levels are too high or too low, or when they exhibit major fluctuations.



View your AGP report in the FreeStyle LibreLink app and FreeStyle Libre reader as “Daily Patterns” and in the FreeStyle Libre software as “Glucose Pattern Insights”. Other reports are also available. Go to [FreeStyleLibre.co.nz](https://www.FreeStyleLibre.co.nz) for more information.

# 10

## Enjoying life with FreeStyle Libre

**The FreeStyle Libre sensor is designed to be worn for up to 14 days, however, everyone's skin is different.**

You can go about your normal life while wearing the FreeStyle Libre sensor. You can shower, swim, and go to the gym<sup>11</sup>. If you do feel you need additional help to improve sensor adhesion, an over-bandage or tape may help improve sensor adhesion.

- The opening in the centre of the sensor must not be covered
- The over-bandage must be applied at the same time the sensor is applied
- Additional bandages or tape can be applied, but do not remove any of them until the sensor is ready for removal
- For optimal effectiveness and safety, we recommend using medical grade adhesive only. Your healthcare professional can advise on the most suitable option.



Optimal sensor storage temperature is 4–25° C. To ensure sensor effectiveness, store unopened sensors in a cool area with good ventilation and away from direct sunlight, especially during the summer months.



# 11

## Travelling with FreeStyle Libre

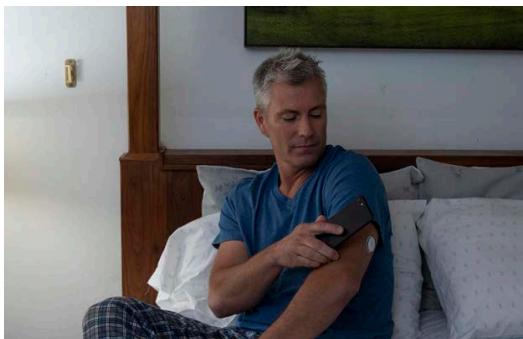
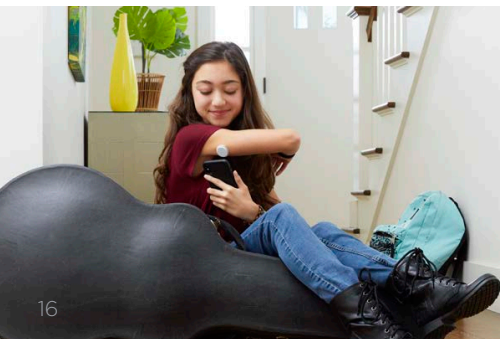
### When traveling by air, put your FreeStyle Libre sensors in your carry-on bag:

You can go through X-ray machines while wearing a sensor, however we recommend you notify security personnel when going through airport security screening. It is recommended that readers are powered off during a flight and not used for scanning. Please check with your airline and follow their policy on NFC devices and plan accordingly. The strip port in the reader can be used to measure blood glucose or ketones during your flight.



**Plan ahead:** Take enough sensors with you to last throughout your holiday. And if you are travelling to a different time zone, adjust the time and date settings on your reader when you arrive. There may be a gap in the graph depending on the change in time zone.

FreeStyle Libre sensors are programmed for sale in a specific country and are compatible with readers sold, compatible apps and software downloaded in that market: FreeStyle Libre sensors in one country are not necessarily compatible with FreeStyle Libre readers or apps from other countries.



# 12

## Have you scheduled a MRI or CT scan?

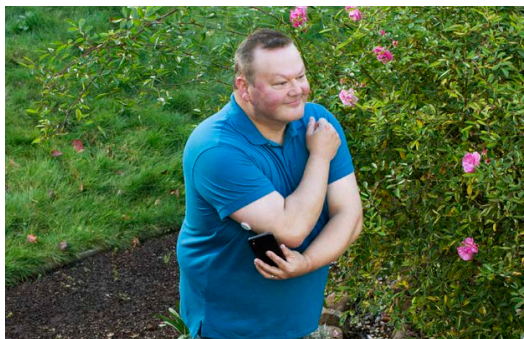
If you have a medical appointment that includes strong magnetic or electromagnetic radiation, for example an X-ray, MRI (Magnetic Resonance Imaging) or CT (Computed Tomography) scan, you will need to remove the sensor you are wearing and apply a new sensor after the procedure.

It is always a good idea to let your healthcare professional know you are wearing a medical device, prior to undergoing any medical procedures.



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# 13

## Removing the sensor and applying a new sensor



For simple sensor removal rub an adhesive remover wipe or cotton ball soaked in baby oil around the plastic part of the sensor.



When applying a new sensor, select a different site other than the one most recently used.



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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).

11 Most people did not feel any discomfort under the skin while wearing the FreeStyle Libre sensor. In a 2013 US study conducted by Abbott Diabetes Care, 100% of the patients surveyed (n=30) rated that applying the sensor was painless or almost painless, and 93.4% of patients strongly agree or agree that while wearing the sensor, they did not feel any discomfort under their skin. Data on file. 12 Rebrin K, Sheppard NF Jr, Steil GM. Use of subcutaneous interstitial fluid glucose to estimate blood glucose revisiting delay and sensor offset. J Diabetes Sci Technol. 2010;4(5):1087-1098. 13 Rebrin K, Steil GM. Can interstitial glucose assessment replace blood glucose measurements? Diabetes Technol Ther. 2000;2(3):461-472. 14 The FreeStyle LibreLink app and the FreeStyle Libre reader have similar but not identical features. 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 FreeStyle LibreLink app. 15 The FreeStyle Libre sensor communicates with the FreeStyle Libre reader that started it or the FreeStyle LibreLink app that started it. A sensor started by the FreeStyle Libre reader will also communicate with the FreeStyle LibreLink app. 16 LibreLinkUp is a mobile application developed and provided by Newyu, Inc. Use of FreeStyle LibreLink and LibreLinkUp requires registration with LibreView, a service of Abbott and Newyu Inc. FreeStyle Libre readers and sensors can be obtained from Abbott. 17 It is possible to accept the LibreLinkUp invitation and receive messages and warnings upon doing so or to reject the invitation. You should base your decision upon your knowledge and experiences in being able to react accordingly when obtaining a glucose value that is too high or too low. 18 Transfer of glucose data between applications depends on cellular connectivity. 19 LibreView data can be viewed in the Safari Browser on Mac OS X Mountain Lion or higher computers and on iOS 6 or higher mobile devices. Currently, uploading of glucose data is only supported on Windows-based computers. Minimum system requirements are Windows Vista with IE10 or the latest versions of Google Chrome and Mozilla Firefox, running on a 550MHz Pentium III, 512MB DRAM, 2G Hard Drive, USB 2.0, LCD Screen with resolution of 1024X768. 110 LibreView is not intended to be a primary glucose monitor: home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information in the software, and healthcare professionals should use information in the software in conjunction with other clinical information available to them. 111 The sensor is watertight for up to 30 minutes at a depth of up to one metre of water. Do not immerse longer than 30 minutes.

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