

# FreeStyle Libre System

## 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 and application.



Images and readings are for illustration purposes only.



## #1. Selecting a site

Select an area of 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 atleast 2.5 sm (1 inch) away from an insulin injection site. To prevent discomfort or skin irritation, you should select a different site other than the one most recently used.

#2. Preparing the skin

#### Issue Suggestion Oily Surface Clean the skin with soap and water Dry skin Soap, lotion, shampoo or conditioner might leave Clean skin with an alcohol wipe oily residue on the skin that may prevent the Allow skin to air dry sensor from sticking properly. Wet Surface Dry skin • Clean skin with an alcohol wipe Allow skin to air dry **M** Hairy Surface • The site selected on the back of the upper arm must be clean-shaven

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## #3. Removing the Sensor

Your FreeStyle Libre sensor automatically stops working after 14 days of wear. To remove gently pull up the edge of the adhesive that keeps your sensor attached to your skin. Slowly peel away from your skin in one motion.

## Tips on handling the application site





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### Useful tips for sensor wear Sensors stick better when you wash, clean and dry your skin before application.



### Wash Only use non-moisturising fragrance free soaps

to wash the area where you'll apply the sensor.



## Use alcohol wipe to remove any oily residue.



#### Dry Allow the skin to fully dry before applying the sensor. This is especially important if you plan

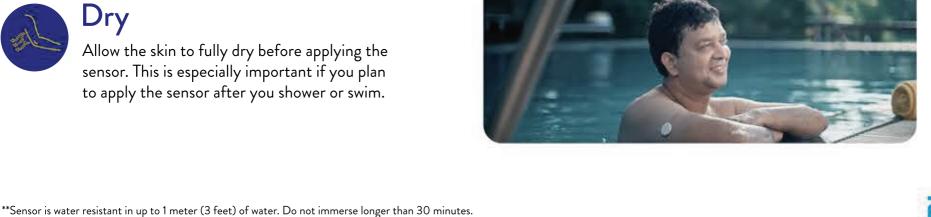
to apply the sensor after you shower or swim.

#### • Be sure to choose an approved site - the back of your upper arm.

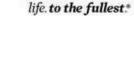
sensor adhesive and skin.

Before you apply the sensor:

- Do not use body lotion or cream where you'll apply the
- sensor as it may leave an oily residue on your skin. • Do shave arm hair as it may get caught between the



Images are for illustration purpose only. No actual patient data. Any person depicted in the photos is a model.



Abbott



Tips to keep your sensor in place



on a doorway, car door, seatbelt or furniture edges.









when toweling off to avoid catching or pulling off your sensor.



Slow down

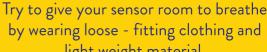
When dressing or undressing,

be careful that you don't catch your

undergarments on the sensor.







light weight material.



Hands off



Select a site on the back of your upper arm

that will minimize the risk of knock-off.

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