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Abbott



FreeStyle
Libre
FLASH GLUCOSE MONITORING SYSTEM

Your Guide to the FreeStyle Libre System



**easy
read**

The pictures in this document are only to help you understand it.

The people are not real patients.

The sugar levels are not real patients' numbers.



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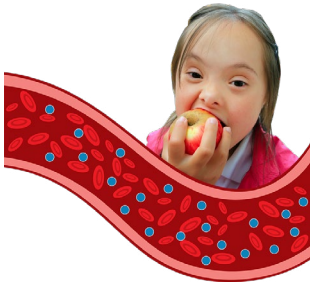


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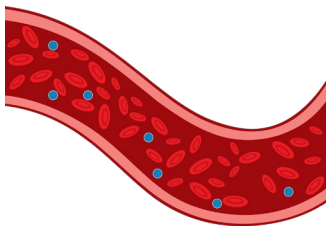
Introduction



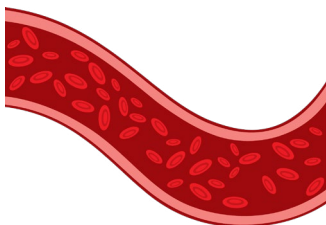
The FreeStyle Libre system is a way for people with **diabetes** to check their sugar levels.



Sugar comes from the food we eat and our bodies turn it into energy using something called 'insulin'.



Most people's bodies make their own insulin, but **diabetes** is a disease where your body either:



- can't make enough insulin or
- can't make any insulin at all.



People with diabetes have to check their sugar levels and inject the right amount of insulin to deal with it.



They check their sugar levels by pricking their finger and testing their blood.



The FreeStyle Libre system can check your sugar levels without a finger prick test.



Instead it uses a **sensor** on your body, on the back of your upper arm.

A **sensor** is a small device that can read changes in the liquid just underneath your skin.



Sometimes you will still need to do a finger prick test. There is more information about this on page 21.



This information explains:

- more about the FreeStyle Libre system



- how to get started using the sensor

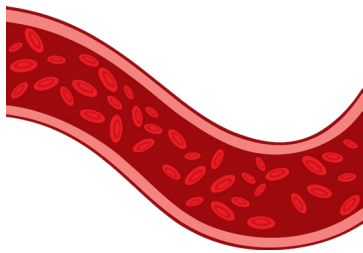


- how to use the FreeStyle Libre system to manage your diabetes.

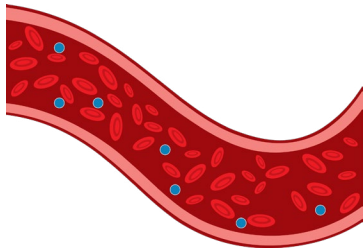
Who is the FreeStyle Libre system for?



The FreeStyle Libre system is for anyone with diabetes over the age of 4.



This can be either **Type 1 diabetes** or **Type 2 diabetes**.



Type 1 diabetes is where your body can't make any insulin.

Type 2 diabetes is where your body can't make enough insulin.



Children

An adult should help children aged 4 to 12 to use the system properly.



An adult over 18 should also help anyone aged between 4 and 12 to:

- understand the information from the FreeStyle Libre system
- decide what to do next.



Quick start



Putting the sensor on is quick and easy.



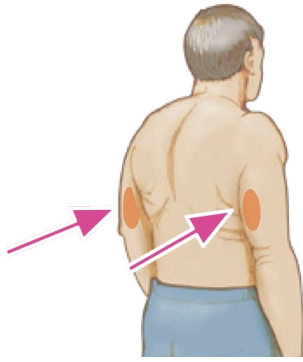
An adult over 18 should help children aged 4 to 12 to put the sensor on properly.



In the package there is:

- a sensor pack. This contains the sensor which you will put on the back of your upper arm
- a sensor applicator. You use this to put the sensor on the back of your upper arm





10 steps

1. You should put the sensor on the back of your upper arm. Don't put it on a scar, mole, stretch mark or a lump.

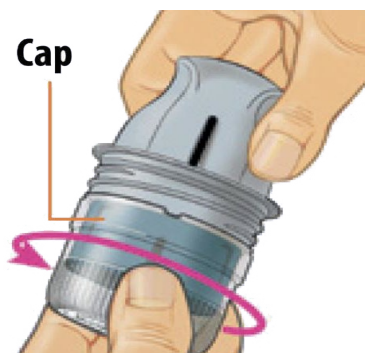


2. Clean the area that you want to put it on by:

- washing the area with soap and water
- drying it
- wiping the area with an alcohol wipe
- leaving it to dry before the next step.



3. Open the sensor pack by peeling the lid off completely.



4. Unscrew the cap of the sensor applicator and put it to one side.



5. Line up the dark mark on the sensor applicator with the dark mark on the sensor pack.

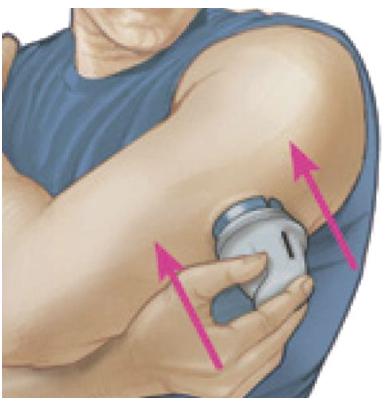
Put it on a hard surface and press firmly down on the sensor applicator until it comes to a stop.



6. Lift the sensor applicator out of the sensor pack.

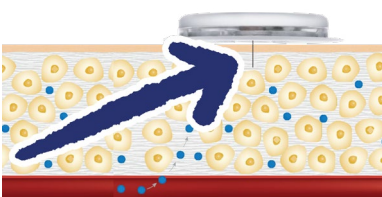
Be careful. The sensor applicator has a needle.

Do not touch inside of the applicator or put it back into the sensor pack.

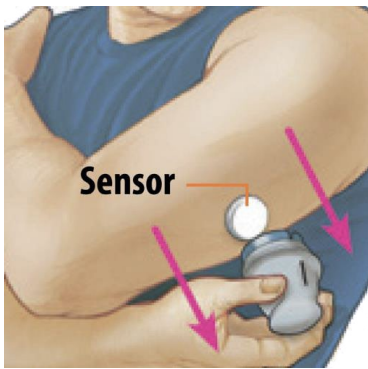


7. Place the sensor applicator over the area on your arm that you have cleaned and dried.

Push down firmly to put the sensor onto the back of your upper arm.



A thin fibre goes into your arm just below the skin.

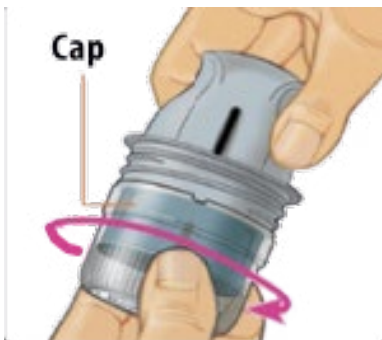


8. Gently pull the sensor applicator away from your arm.

The sensor should now be firmly fixed to your skin.



9. Make sure the sensor is stuck tight.



10. Put the lid back on the sensor applicator.



Put the used sensor applicator safely in the bin for needles that your doctor gave you.

The used sensor pack can go in your normal bin.

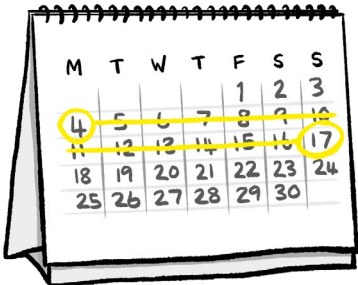


You will need to wait 1 hour before you can start scanning.

How long does it last?



The sensor should stay on the body for up to 14 days.



You have to put a new sensor on every 2 weeks.



Having a bath or swimming

It should be OK to have the sensor on in a bath or shower for up to 30 minutes.



It should be OK to go swimming in water up to 1 metre deep for up to 30 minutes.

The FreeStyle LibreLink app



You need to download the FreeStyle LibreLink **app** onto your **smartphone**.



An **app** is a computer programme that you have on your phone to help you do something.



A **smartphone** is a phone that connects to the internet.



If you have an Apple phone, you can download the FreeStyle LibreLink app by going to the App Store and searching for 'FreeStyle LibreLink'.



If you have any other type of smartphone you can download the app by going to Google Play and searching for 'FreeStyle LibreLink'.



You can get more information about which phones work with the system on our website:

www.FreeStyleLibre.co.uk/libre



You will have to give your name and email to LibreView to use the FreeStyle LibreLink app.

Scanning



Scanning is when you:

- open the FreeStyle LibreLink app on your phone
- put your phone close to the sensor on your arm.



Apple phones

If you have an Apple phone:



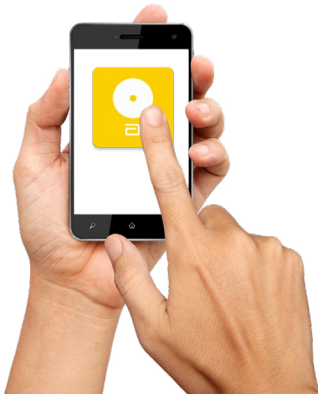
- Open the app on your phone and tap the 'check glucose' button.
- Hold the top of your iPhone near the sensor. You can scan through your clothing.



- Wait until you hear a tone and/or feel a vibration. This means that it has worked OK.



You will need to have the sound on your phone switched on to hear the tone.



Other types of smartphone

If you have any other type of smartphone:

- Open the app on your smartphone.



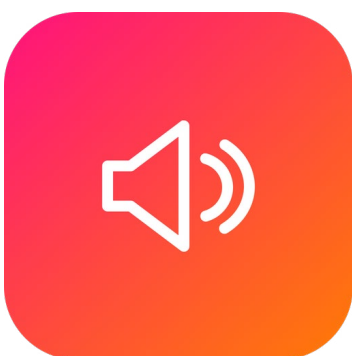
- Hold the back of your smartphone near the sensor.



- Don't move your phone until you hear the first tone and/or feel the vibration.



- Keep your phone near the sensor until you hear a second tone and/or feel a vibration. This means that it has worked OK.



You will need to have the sound on your phone switched on to hear the tones.



Your reading

When you hold your phone close enough to the sensor, you will see a number on the app. This number is called a 'reading'.



The reading tells you what your sugar levels are.



There is also a graph which tells you if the amount of sugar has changed over the last 8 hours.



And there is an arrow which tells you if the amount of sugar is going up, down or staying the same.



By tapping the 'info' symbol you will go to a screen that gives you more information.



You need to scan your sensor at least every 8 hours to get all of the information and reports.

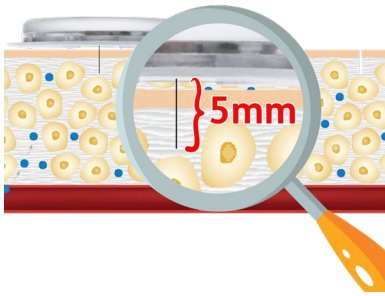


This information will help you to decide what to do next.

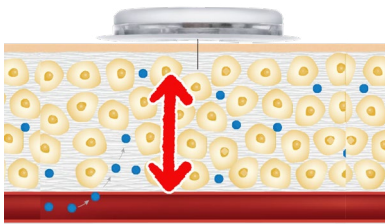


Your doctor will tell you how to use the information from the reading and the arrows to decide if you need insulin.

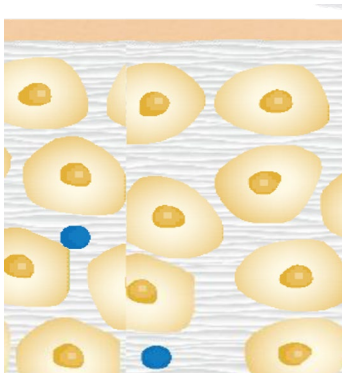
How the sensor works



The thin fibre that goes under your skin on your arm is very short. Only 5 millimetres long.



It doesn't go as far as your blood stream.



Interstitial fluid

Just below the surface of your skin is a liquid called interstitial fluid.



The sensor tests how much sugar there is in this interstitial fluid.



The amount of sugar in the interstitial fluid is a good guide to your overall sugar levels.

Information about how you are managing your diabetes



You can sign up to a website and be able to see how you are managing your diabetes over time. You can do this on a separate computer if you want.

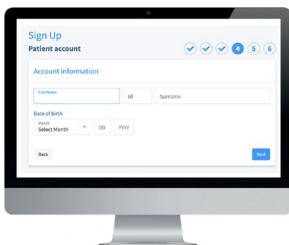


Sign up

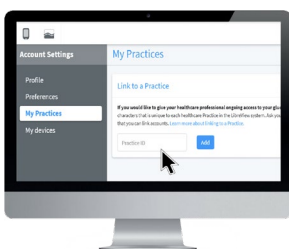
Go to our website: www.LibreView.com



Click 'Sign up'. You have to use the same email address as the one you used when you set up the app on your phone.



Answer the questions.



You can put in a code from your doctor. This means the information about your diabetes will be shared with your doctor.



The information from the app will be uploaded to the LibreView website automatically when the phone is switched on and connected to the internet.



Using your information

After a few days you will start to see how you are managing your diabetes over time.



You will see a screen like this.



The pale grey colour tells you how far up and down your sugar levels go in a day.



The medium blue colour shows how far up and down most of your readings are.



The dark blue shows how your average sugar reading has changed over the last day.



If the dark blue has gone too low, you might have needed to take more sugar. If it goes too high you might have needed more insulin.



When you have signed up to LibreView, this information will automatically be shared with your doctor.

They will use it to help you to manage your diabetes.

Other reports



There are other reports which you can use to understand more about how you are managing your diabetes.

The Snapshot Report and the Daily Log Report give you more information.

When you should check the readings with a finger prick test



Sometimes, you should still do a finger prick test to check your sugar levels.



You should do a finger prick test when you feel different from what the reading is telling you.



Driving

There are Government rules about driving if you have diabetes.

Group 1



You are allowed to use the FreeStyle Libre system for driving a **Group 1** vehicle.

Group 1 means smaller vehicles, like a car or motorbike.



You must scan your sensor before you drive a Group 1 vehicle.



But you must also check your sugar levels with a finger prick test if:

- your sugar level is 4 mmol/L or below
- your sugar level is going up or down quickly





- you start to feel a bit unwell
- you feel different to what the reading is saying



- you feel your sugar levels are low or going down.

Group 2



You are not allowed to use the FreeStyle Libre system if you are driving a **Group 2** vehicle.



Group 2 means larger vehicles, like a bus or lorry.



You must always do a finger prick test before you drive a Group 2 vehicle.

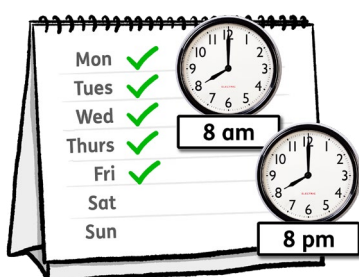


For more information, go to:
www.gov.uk/diabetes-driving

For more information and training

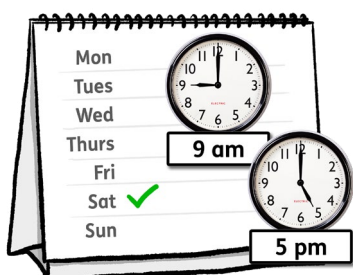


If you need more information please call the Abbott Customer Careline on: **0800 170 1177**



This telephone line is open:

- Monday to Friday, 8:00am to 8:00pm



- Saturday, 9:00am to 5:00pm.



Or you can go to our website: **www.FreeStyleLibre.co.uk**



Training

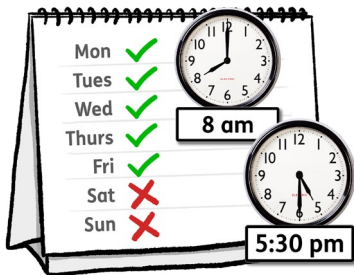
You can get more information with our online training. You can find out more about this at:

progress.freestylediabetes.co.uk



Help with the app

For help with the app, please call:
0800 612 3006.



This telephone line is open Monday to Friday, 8:00am to 5:30pm.



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