



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 and application.



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Images and readings are for illustration purposes only.

\*Data based on the number of users worldwide for the FreeStyle Libre system compared to the number of users for other leading personal use sensor based glucose monitoring systems.

# Help your sensor stay put.

Getting the most out of your wear time is as easy as 1, 2, 3:

## 1 Wash

Use non-moisturizing, fragrance-free soap to wash the application site and remove any oils.

If present, shave any hair on your back upper arm (the approved application site) to help the adhesive stick.



## 2 Prep

After washing, use an alcohol wipe to disinfect the site.

Don't apply body lotions or creams until the sensor is in place.



## 3 Dry

Allow the skin to dry fully, which maximizes stickiness. This may require a little time, depending on the temperature and humidity of your environment.

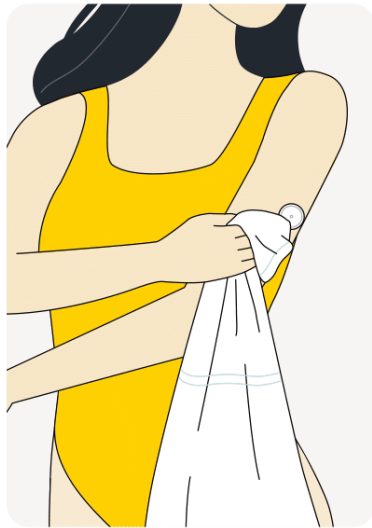


**PRO TIP:** Complete these steps after showering for even better results.

# Tips to keep your sensor secure.

Your sensor is designed to withstand the demands of everyday life. However, keeping a few things in mind can maximize wear time:

**Always pat dry after showering or swimming<sup>1</sup>** to avoid snagging the sensor on a towel.



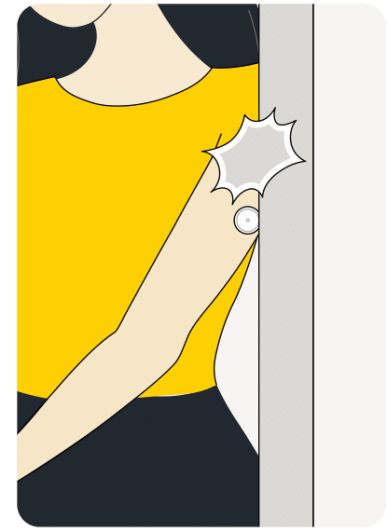
**Choose loose clothing<sup>2</sup> and take your time getting dressed** so your sensor doesn't get caught or pulled.



**Resist the urge to play with your sensor** and keep it away from curious hands, young and old alike.



**Watch out for everyday obstacles** like doorways, car doors, seat belts, and furniture edges.



## ATHLETE OR HEAVY EXERCISER?

You can use medical-grade bandages or tape<sup>3</sup> for extra security, but it must be applied at the time of sensor application and only removed when sensor wear is complete, since the sensor may come loose when peeling it off.

Be sure to leave the opening/hole in the center of the sensor uncovered so it can breathe.

1. Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes. 2. The reader captures data from the sensor within 1cm to 4cm of the sensor. 3. Additional medical grade bandages/tape can be applied, but do not remove bandages/tape once applied until sensor is ready for removal.

# Remove the sensor.

## Tips on handling the application site:



To remove, gently pull up the edge of the adhesive that keeps the sensor in place, and slowly peel away from your skin in one motion



Remove remaining adhesive residue on the skin with warm soapy water

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If you have any questions, please call or email our friendly customer care team at:



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