



## Sensor adhesion guide

The FreeStyle Libre sensor is designed to be worn for up to 10 days. Please follow the instructions found in the User Manual for skin preparation and application.

### Preparing the skin

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 (1 inch) away from an insulin injection site. To prevent discomfort or skin irritation, select a different site other than the one most recently used.

Skin surface	
SITUATION	SOLUTION
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 and dry the skin. Then, clean the skin with an alcohol wipe and allow skin to air dry (do not blow on it) before proceeding.
Wet surface	
Moisture gets in the way of adhesion. Keep the skin dry prior to application.	To improve adhesion, dry the skin, clean the skin with an alcohol wipe and allow skin to air dry (do not blow on it) before proceeding.
Hairy surface	
Hair gets in between the skin and sensor adhesive.	The site selected on the back of the upper arm should be clean-shaven.

You may find it helpful to use other products to help with adhesion and removal. Some third-party products are listed in this guide. Everyone's skin is different; try various products to find the right one for you.

### Sensor adhesion

Helping the sensor to stick	
PRODUCT*	DESCRIPTION
Torbot Skin Tac™	A hypo-allergenic and latex-free "tacky" skin barrier.
SKIN-PREP™ Protective Barrier Wipe	Protective liquid dressing that allows skin to breathe so tapes and films adhere better.
Mastiso® Liquid Adhesive	Clear, non-irritating, non-water-soluble liquid adhesive that secures dressings even in moist areas.

### Sensor removal

Removing the sensor	
PRODUCT*	DESCRIPTION
Baby oil	Soft moisturizer.
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.

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### Tips:



#### Bumping into objects

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



#### 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.



#### Getting dressed

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



#### Showering/bathing

The sensor is water resistant, but use extra care when cleansing around the sensor and when towel drying so that you do not catch or pull off the sensor. Do NOT take your sensor into water deeper than 1 meter (3 feet) or keep it immersed for longer than 30 minutes.



#### Contact sports

Avoid contact sports and heavy exercise with activity that may knock off your sensor.

### Indications and Important Safety Information

The FreeStyle Libre Flash Glucose Monitoring system is a continuous glucose monitoring (CGM) device indicated for replacing blood glucose testing and detecting trends and tracking patterns aiding in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments in persons (age 18 and older) with diabetes. The system is intended for single patient use and requires a prescription.

**CONTRAINDICATIONS:** Remove the sensor before MRI, CT scan, X-ray, or diathermy treatment.

**WARNINGS/LIMITATIONS:** Do not ignore symptoms that may be due to low or high blood glucose, hypoglycemic unawareness, or dehydration. Check sensor glucose readings with a blood glucose meter when Check Blood Glucose symbol appears, when symptoms do not match system readings, or when readings are suspected to be inaccurate. The FreeStyle Libre system does not have alarms unless the sensor is scanned, and the system contains small parts that may be dangerous if swallowed. The FreeStyle Libre system is not approved for pregnant women, persons on dialysis, or critically-ill population. Sensor placement is not approved for sites other than the back of the arm and standard precautions for transmission of blood borne pathogens should be taken. The built-in blood glucose meter is not for use on dehydrated, hypotensive, in shock, hyperglycemic-hyperosmolar state, with or without ketosis, neonates, critically-ill patients, or for diagnosis or screening of diabetes. Review all product information before use or contact Abbott toll-free (855-632-8658) or visit [www.FreeStyleLibre.us](http://www.FreeStyleLibre.us) for detailed indications for use and safety information.

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