

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.



CARING FOR YOUR SENSOR



Showering/bathing

The sensor is water resistant, but use extra care when cleansing around the sensor and when toweling off 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.



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.



Getting dressed

Use extra care to avoid hitting or catching the sensor on clothing while getting dressed.



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.



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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.

 <h3>Preparing the skin surface</h3>	
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.
PRODUCT*	DESCRIPTION
3M™ Cavilon™ No Sting Barrier Film	Alcohol-free barrier film intended to protect skin from body fluids, adhesives and friction. It is composed of a unique 3M terpolymer that forms a breathable, transparent protective coating on the skin.

SENSOR ADHESION

 <h3>Helping the sensor to stick</h3>	
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.
Mastisol® Liquid Adhesive	Clear, non-irritating, non-water-soluble liquid adhesive that secures dressings even in moist areas.
Tegaderm™ IV	Transparent film barrier that provides adhesive strength.

SENSOR REMOVAL

 <h3>Removing the sensor</h3>	
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.

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.

* Abbott Diabetes Care (“ADC”) is not affiliated with the manufacturers of the products listed. Reference to third-party products does not constitute or imply an endorsement, recommendation, sponsorship or favoring of any product or manufacturer. ADC is not responsible for the completeness or accuracy of any information regarding third-party products. ADC makes no representations, expressed or implied, regarding third-party products or their manufacturers, quality or suitability for you. Manufacturers' instructions for use of each product should be followed.

The FreeStyle Libre flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in adults aged 18 years and older who have at least 2 years of experience in self-managing their diabetes. For *In Vitro* Diagnostic Use Only. Always read and follow the label/insert for detailed instructions and indication of use.