



112 <sup>mg/dL</sup>

# FreeStyle Libre Sensors Adhesion Guide

Here are some tips you can use to help keep your sensor in place



## PREPARING THE SKIN'S SURFACE FOR OPTIMAL ADHESION

### 1. WASH

Only use **non-moisturizing, fragrance-free soap** to wash the area where you'll apply the sensor.

### 2. CLEAN

Use an alcohol wipe to **remove any oily residue**.

### 3. DRY

**Allow your skin to dry fully** before applying the sensor. This is especially important if you plan to apply the sensor after you shower or swim.

## PRODUCTS THAT ADD EXTRA STICKINESS\*

### OVER-BANDAGE

A medical-grade adhesive; bandage or tape†



### TORBOT SKIN TAC™

A hypoallergenic and latex-free "tacky" skin barrier

[Torbot.com](http://Torbot.com)

### TEGADERM I.V.

A transparent film that provides adhesive strength

[3m.com](http://3m.com)

### SKIN-PREP® PROTECTIVE BARRIER WIPES

Protective liquid dressing that allows skin to breathe so tapes and films adhere better

[Smith-nephew.com](http://Smith-nephew.com)

### MASTISOL® LIQUID ADHESIVE

Clear, nonirritating, non-water-soluble liquid adhesive that secures dressings even in moist areas

[Eloquesthealthcare.com](http://Eloquesthealthcare.com)



\*The information below does not constitute an endorsement of the manufacturer or the product quality. Abbott Diabetes Care is not responsible for the completeness or accuracy of product information. Product availability may vary by country and region. The manufacturer's instructions for use of each product should be followed.

†Over-bandage must be applied at the time of sensor application, the opening/hole in the center of the sensor must not be covered. Additional medical grade bandages/tape can be applied, but do not remove bandages/tape once applied until sensor is ready for removal.

See reverse for Important Safety Information

## FRIENDLY REMINDERS OF WHAT TO AVOID BETWEEN YOUR SENSOR AND YOUR SKIN



- Moisture of any kind
- Hair; consider shaving the application area
- Oily residue from soap, lotion, shampoo, or conditioner

## TIPS FOR KEEPING YOUR SENSOR IN PLACE



### EASY DOES IT

Be careful not to catch your sensor on objects such as doorways, car doors, seat belts, and furniture edges.



### SLOW DOWN

When dressing or undressing, be careful not to catch your undergarments on the sensor.



### PAT DRY

After a shower or swim\*, take extra care when towel-drying to avoid catching or pulling off your sensor.



### PLAY IT SAFE

For contact sports and heavy exercise, select a sensor site on the back of your upper arm that minimizes the risk of the sensor being knocked off.



### DRESS FOR SUCCESS

Give your sensor room to breathe by wearing loose-fitting clothing† and lightweight materials.



### HANDS OFF

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

We're here to help. For further assistance with sensor adhesion, please contact **Abbott Customer Care Team at 1-855-632-8658**.

The team is available 7 days a week from 8 AM to 8 PM Eastern Time, excluding holidays.



\*Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes.

†The reader captures data from the sensor within 1cm to 4cm of the sensor.

#### Important Safety Information

**FreeStyle Libre 14 day system:** Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a fingerstick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or <https://www.FreeStyle.abbott/us-en/safety-information.html> for safety info.

**FreeStyle Libre 2 and FreeStyle Libre 3 systems:** Failure to use FreeStyle Libre 2 or FreeStyle Libre 3 systems as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If glucose alarms and readings do not match symptoms or expectations, use a fingerstick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or <https://www.FreeStyle.abbott/us-en/safety-information.html> for safety info.

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