

# Sensor Application & Adhesion Guide

## Where to place the sensor



- Select a flat area on the **back of your upper arm** (no bending or folding).
- Choose a place that is at least 1 inch (2.5 cm) **away from an insulin injection site**.
- To avoid irritation, we recommend **moving your next sensor** to the other arm.

## How to prep your skin



- 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** Skin must be completely dry. Take extra care after showering, swimming or working out.

## Top prep tips for extra stickiness



### MOISTURE

Application area needs to be completely dry



### HAIR

Consider shaving the application area



### OILY RESIDUE

Application area should be free of soap, lotion, shampoo, or conditioner

## Prepare the sensor

### FreeStyle Libre 2

Line up the mark on the sensor applicator with the mark on the sensor pack. On a hard surface, press down firmly on the sensor applicator until it comes to a stop.



**NOTE:** Sensor pack and sensor applicator codes must match or glucose readings may be inaccurate.

**CAUTION:** Sensor applicators will contain a needle. Do not touch inside the sensor applicator or put it back into the sensor pack.

### FreeStyle Libre 3

Unscrew cap from applicator and set cap aside.



## Apply the sensor

To apply the sensor, press firmly and listen for the click. Pull back slowly after a few seconds.

**NOTE:** The needle does not stay in your arm.



## Remove and replace your sensor

- Pull up the adhesive edge and slowly peel it away from your skin.
- You can use products with moisturizing properties to help remove your sensor including baby oil or adhesive removers like Uni-Solve\*.
- To dispose of your sensor, follow your local regulations for electronic equipment, batteries, sharps, and materials that are exposed to body fluids.

\*The information above 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.

See page 4 for Important Safety Information

## 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.



### PAT DRY

After a shower or swim<sup>†</sup>, take extra care when towel drying to avoid catching or pulling off your sensor.



### DRESS FOR SUCCESS

Give your sensor room to breathe by wearing loose-fitting clothing<sup>§</sup> and lightweight materials.



### SLOW DOWN

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



### HANDS OFF

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

## Products that add extra stickiness\*

### OVER-BANDAGE

A medical-grade adhesive; bandage or tape<sup>†</sup>



### TEGADERM I.V. (OVERBANDAGE)

A transparent film that provides adhesive strength



### TORBOT SKIN TAC™

A hypoallergenic and latex-free “tacky” skin barrier



### SKIN-PREP® PROTECTIVE BARRIER WIPES

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



\*The information above 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. ‡Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes. §The app can capture data from the sensor when it is within close proximity of the sensor. The proximity and orientation of the antenna in phones varies and the phone will have to be moved around to find the best position for scanning the sensor.

See page 4 for Important Safety Information

# Staying on top of your glucose doesn't have to be a pain.

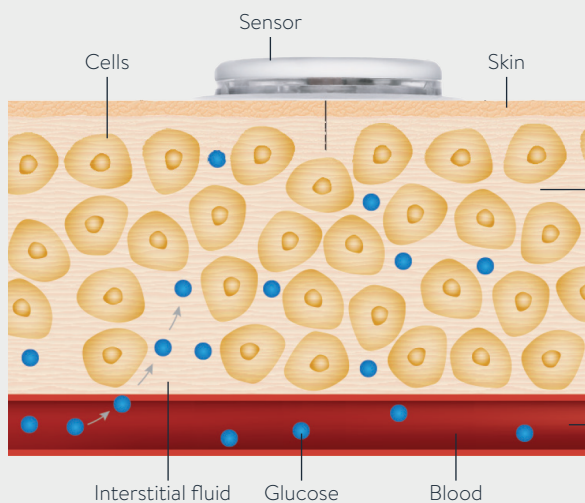
## The FreeStyle Libre 3 CGM system shows readings in real time

You can easily see your glucose levels, where they're going, and where they've been – for more informed decisions\*<sup>1</sup> without painful fingersticks<sup>†</sup>.

## BGM shows readings at a single point in time

Even with multiple daily fingersticks, highs and lows may go undetected.

### CGM measures glucose levels via interstitial fluid, **not from blood.**



CGM readings are taken from interstitial fluid surrounding cells below your skin.

Blood glucose readings are taken from blood with fingersticks.

---

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 8AM to 8PM Eastern Time, excluding holidays.

---

\*Study was performed with the outside US version of the FreeStyle Libre 14 day system. Data is applicable to FreeStyle Libre 3 system, as feature sets are similar to FreeStyle Libre 14 day system, excluding alarms. †Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first twelve hours.

**References:** 1. Fokkert, M. *BMJ Open Diabetes Research & Care* (2019). <https://doi.org/10.1136/bmjdr-2019-000809>. 2. Tarini, C. *Glucose Sensor Use in Children and Adolescents* (2020). [https://doi.org/10.1007/978-3-030-42806-8\\_2](https://doi.org/10.1007/978-3-030-42806-8_2).

#### 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.

The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott.

© 2024 Abbott. ADC-22195 v6.0



# Sensor Application & Adhesion Guide

## Where to place the sensor



- Select a flat area on the **back of your upper arm** (no bending or folding).
- Choose a place that is at least 1 inch (2.5 cm) **away from an insulin injection site**.
- To avoid irritation, we recommend **moving your next sensor** to the other arm.

## How to prep your skin



- 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** Skin must be completely dry. Take extra care after showering, swimming or working out.

## Top prep tips for extra stickiness



### MOISTURE

Application area needs to be completely dry



### HAIR

Consider shaving the application area



### OILY RESIDUE

Application area should be free of soap, lotion, shampoo, or conditioner

## Prepare the sensor

### FreeStyle Libre 2

Line up the mark on the sensor applicator with the mark on the sensor pack. On a hard surface, press down firmly on the sensor applicator until it comes to a stop.



**NOTE:** Sensor pack and sensor applicator codes must match or glucose readings may be inaccurate.

**CAUTION:** Sensor applicators will contain a needle. Do not touch inside the sensor applicator or put it back into the sensor pack.

### FreeStyle Libre 3

Unscrew cap from applicator and set cap aside.



## Apply the sensor

To apply the sensor, press firmly and listen for the click. Pull back slowly after a few seconds.

**NOTE:** The needle does not stay in your arm.

## Remove and replace your sensor

- Pull up the adhesive edge and slowly peel it away from your skin.
- You can use products with moisturizing properties to help remove your sensor including baby oil or adhesive removers like Uni-Solve\*.
- To dispose of your sensor, follow your local regulations for electronic equipment, batteries, sharps, and materials that are exposed to body fluids.

\*The information above 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.

See page 4 for Important Safety Information



## 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<sup>†</sup>, 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<sup>§</sup> and lightweight materials.



### HANDS OFF

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

## Products that add extra stickiness\*

### OVER-BANDAGE

A medical-grade adhesive; bandage or tape<sup>†</sup>



### TEGADERM I.V. (OVERBANDAGE)

A transparent adhesive strength



### TORBOT SKIN TAC™

A hypoallergenic and latex-free “tacky” skin barrier



### SKIN-PREP® PROTECTIVE BARRIER WIPES

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



\*The information above 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. ‡Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes. §The app can capture data from the sensor when it is within close proximity of the sensor. The proximity and orientation of the antenna in phones varies and the phone will have to be moved around to find the best position for scanning the sensor.

See page 4 for Important Safety Information

# Staying on top of your glucose doesn't have to be a pain.

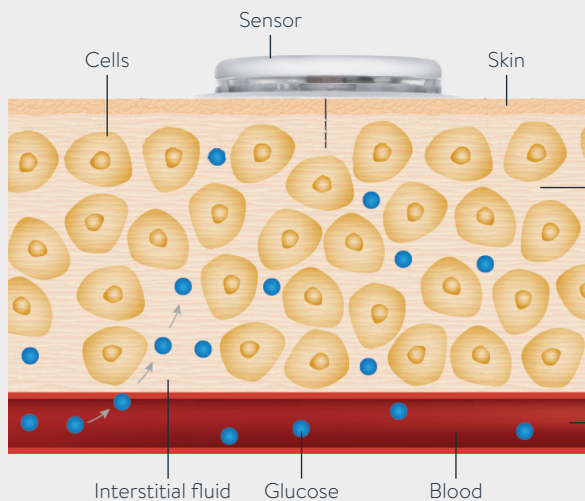
## The FreeStyle Libre 3 CGM system shows readings in real time

You can easily see your glucose levels, where they're going, and where they've been – for more informed decisions\*<sup>1</sup> without painful fingersticks<sup>†</sup>.

## BGM shows readings at a single point in time

Even with multiple daily fingersticks, highs and lows may go undetected.

### CGM measures glucose levels via interstitial fluid, **not from blood.**



CGM readings are taken from interstitial fluid surrounding cells below your skin.

Blood glucose readings are taken from blood with fingersticks.

---

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 8AM to 8PM Eastern Time, excluding holidays.

---

\*Study was performed with the outside US version of the FreeStyle Libre 14 day system. Data is applicable to FreeStyle Libre 3 system, as feature sets are similar to FreeStyle Libre 14 day system, excluding alarms. †Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first twelve hours.

**References:** 1. Fokkert, M. *BMJ Open Diabetes Research & Care* (2019). <https://doi.org/10.1136/bmjdr-2019-000809>. 2. Tarini, C. *Glucose Sensor Use in Children and Adolescents* (2020). [https://doi.org/10.1007/978-3-030-42806-8\\_2](https://doi.org/10.1007/978-3-030-42806-8_2).

#### 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.

The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott.

© 2024 Abbott. ADC-22195 v6.0

