



# Useful tips for sensor wear

WHY PRICK, WHEN YOU CAN SCAN?\*

## Sensors stick better when you wash, clean, and dry your skin before application

### 1. WASH

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

### 2. CLEAN

Use the alcohol wipe provided in the sensor kit to **remove any oily residue**

### 3. DRY

**Allow your skin to fully dry** before applying the sensor



## BEFORE YOU APPLY THE SENSOR:

- Be sure to choose an approved application site – the back of your upper arm
- Do not use body lotion or cream where you'll apply the sensor as they may leave an oily residue on your skin
- Do shave any excess arm hair as it can get caught between the sensor adhesive and skin



The FreeStyle Libre flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in adults aged 18 years and older with diabetes mellitus. Always read and follow the label/insert.

\* A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycemia or impending hypoglycemia is reported by the system or when symptoms do not match the system readings.

# Add extra stickiness with these products\*



## TORBOT SKIN TAC [torbot.com](http://torbot.com)

A hypoallergenic and latex-free “tacky” skin wipe



## SKIN-PREP PROTECTIVE WIPES [smith-nephew.com](http://smith-nephew.com)

Helps tape and films adhere to the skin



## MASTISOL LIQUID ADHESIVE [eloquesthehealthcare.com](http://eloquesthehealthcare.com)

A clear, non-irritating liquid adhesive that secures dressings



## CAVILON NO STING BARRIER FILM [3m.com](http://3m.com)

An alcohol-free barrier film intended to protect skin from body fluids, adhesives, and friction



## TEGADERM I.V. [3m.com](http://3m.com)

A transparent film that provides adhesive strength



## OVER-BANDAGE

A medical-grade adhesive; bandage or tape. If using, it must be applied at the time of sensor application. It is important that you only remove it when your sensor wear is over as the sensor may come loose when peeling it off. Be sure to leave the opening/hole in the centre of the sensor uncovered so it can breathe.

# Tips to keep your sensor in place



## EASY DOES IT

Be careful not to catch your sensor on a doorway, car door, seat belt, or furniture edges



## PAT DRY

After a shower or swim, take extra care when towelling off to avoid catching or pulling off your sensor



## DRESS FOR SUCCESS

Try to give your sensor room to breathe by wearing loose-fitting clothing and lightweight material



## CONTACT SPORTS AND HEAVY EXERCISE

Be sure to select a site on the back of your upper arm that will minimize the risk of knock-off, and consider using an over-bandage and/or any of the items on the previous page



## SLOW DOWN

When dressing or undressing, be careful that you don't catch your undergarments on the sensor



## HANDS OFF

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