

# 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 & application.



## SKIN PREPARATION

Select an area of 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 2.5cm (1 inch) away from an insulin injection site. To prevent discomfort or skin irritation, you should select a different site other than the one most recently used.

### SITUATION

### SOLUTION

#### Oily surface

Soap, lotion, shampoo or conditioner might leave oily residue on the skin that may prevent the sensor from sticking properly.

To improve adhesion, clean the skin with soap and water, dry the skin, 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 & sensor adhesive.

The site selected on the back of the upper arm should be clean-shaven.

## TIPS

This information is provided for your convenience. You may find it helpful to use the following products to support adhesion. Everyone's skin is different; you may need to try various products to find the one that is right for you. Consult with your healthcare provider to decide on the best option.

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.

### BRAND

### DESCRIPTION

#### Preparing the skin

Coloplast Prep Barrier Wipe	Clear film forms a breathable barrier protecting against skin irritants such as adhesives ( <a href="http://coloplast.us">coloplast.us</a> )
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. ( <a href="http://3m.com">3m.com</a> )
Convatec Sensi Care Sting Free Skin Barrier	Creates a breathable barrier that protects the skin from damage caused by adhesives, body waste and friction ( <a href="http://convatec.com">convatec.com</a> )
Tincture of Benzoin 10% Swabstick	Topical barrier designed to protect skin prior to applying adhesive dressings ( <a href="http://pdihc.com">pdihc.com</a> )
Reliject Pre-injection Wipes	Individually wrapped alcohol wipes, 2ply ( <a href="http://reliancemedical.co.uk">reliancemedical.co.uk</a> )
Razor	Used for shaving off unwanted body hair ( <a href="http://gillette.com">gillette.com</a> )

#### Helping the sensor to stick

Torbot Skin Tac	A hypo-allergenic and latex-free "tacky" skin barrier ( <a href="http://torbot.com">torbot.com</a> )
Skin-Prep / Protective Barrier Wipes	Protective liquid dressing that allows skin to breath so tapes and films adhere better ( <a href="http://smith-nephew.com">smith-nephew.com</a> )
Mastisol Liquid Adhesive	Clear, non-irritating, non-water-soluble liquid adhesive that secures dressings even in moist areas ( <a href="http://eloquesthealthcare.com">eloquesthealthcare.com</a> )
Over-Bandage*	A medical grade adhesive; bandage or tape

#### Removing the sensor

Baby Oil	Soft moisturizer ( <a href="http://johnsonsbaby.com">johnsonsbaby.com</a> )
Remove Adhesive Remover	Removes adhesive residue on skin ( <a href="http://smith-nephew.com">smith-nephew.com</a> )
UNI-SOLVE Adhesive Remover	Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing tape and appliance adhesives ( <a href="http://smith-nephew.com">smith-nephew.com</a> )

\*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 bandages/tape can be applied but do not remove bandages/tape once applied until sensor is ready for removal.

The FreeStyle Libre Flash Glucose Monitoring System is a glucose monitoring device indicated for detecting trends and tracking patterns in persons (aged 18 and older) with insulin dependent diabetes mellitus. Health professionals and consumers should be aware about the limitations of available scientific evidence for use of FreeStyle Libre Flash Glucose Monitoring System in any other groups of patients who require diabetes management. FreeStyle and related brand marks are trademarks of Abbott Diabetes Care Inc. in various jurisdictions. Information contained herein is for distribution outside of the USA only. For more information call Customer Service on 1800 801 478. Abbott Diabetes Care, 666 Doncaster Road, Doncaster, Victoria 3108, Australia. [www.myfreestyle.com.au](http://www.myfreestyle.com.au) ABN 95 000 180 389 ADC-04661 v1.0