

FreeStyle Libre System

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.

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 2.5 cm (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.



Skin Surface

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 and sensor adhesive.

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



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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 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.



Preparing the Skin

SITUATION

Coloplast Prep Barrier Wipe

3M Cavilon No Sting Barrier Film

Convatec Sensi Care Sting Free Skin Barrier

Tincture of Benzoin 10% Swabstick

Reliject Pre-injection Wipes

Razor

Sorbaderm, 3ml Foam Applicators

SOLUTION

Clear film forms breathable barrier protecting against skin irritants such as adhesives (coloplast.us)

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. (3m.com)

Creates a breathable barrier that protects the skin from damage caused by adhesives, body waste and friction (convatec.com)

Topical barrier designed to protect skin prior to applying adhesive dressings (pdihc.com)

Individually wrapped alcohol wipes, 2ply (reliancemedical.co.uk)

Used for shaving off unwanted body hair

Sterile barrier film foam applicator that helps protect skin from irritation caused by body fluids, adhesives and friction. (aspenmedicaleurope.com)



Helping the Sensor to Stick

PRODUCT

Torbot Skin Tac

Skin-Prep / Protective Barrier Wipes

Mastisol Liquid Adhesive

Over-Bandage*

Tegaderm IV

DESCRIPTION

A hypo-allergenic and latex-free "tacky" skin barrier (mghealthcare.co.uk)

Protective liquid dressing that allows skin to breathe so tapes and films adhere better (smith-nephew.com/uk)

Clear, non-irritating, non-water-soluble liquid adhesive that secures dressings even in moist areas (ferndalepharma.co.uk)

A medical grade adhesive; bandage or tape

Transparent film barrier that provides adhesive strength. (www.3m.com)



Removing the Sensor

PRODUCT

Baby oil

Remove Adhesive

Remover

DESCRIPTION

Soft moisturiser

Removes adhesive residue on skin (smith-nephew.com/uk)