



The FreeStyle Libre System Getting started

The pictures in this document are only to help you understand it. The people are not real patients. The sugar levels are not real patients' numbers.

Helping to manage your diabetes



- The FreeStyle Libre System collects information about your sugar levels.

- It uses a sensor on your skin instead of a finger prick test.

- You put the sensor on your body, on the back of your upper arm.

- The FreeStyle Libre System uses the sensor to give you information that will help you manage your diabetes.



The sensor



- It's small - like a £2 coin.
- It sticks to your skin for up to 14 days.
- You can wear it in the bath, shower or swimming up to 1 metre deep for up to 30 minutes.
- It's easy to put on.
- It checks your sugar levels.



Reading your sensor



- You can use both your phone and reader to scan your sensor.
- Your phone or reader will give you a reading. This is a number that tells you what your sugar levels are.
- Your phone and reader cannot share information with each other about your sugar levels.
- To get the information in one place you have to scan with the same device every 8 hours.
- Sometimes you will still need to do a finger prick test.

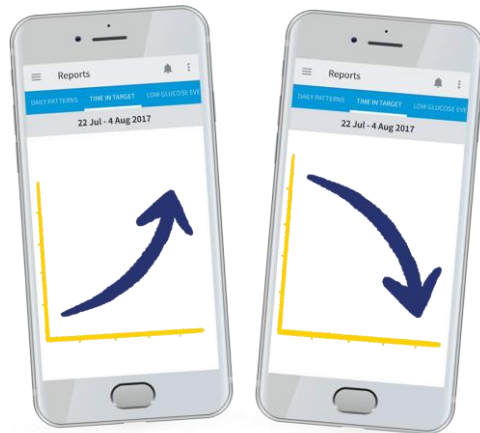
When you should check the readings with a finger prick test



Sometimes, you should still do a finger prick test to check your sugar levels.

You should do a finger prick test when:

- your sugar level is going up fast
- your sugar level is going down fast
- you feel different from what the reading is telling you.



More information



Your reader or phone also shows you:

- an arrow to show if the amount of sugar is going up or down
- a graph to show you if the amount of sugar has changed in the last 8 hours.

You can get more information about which phones work with the System on our website:

www.FreeStyleLibre.co.uk/Libre

To use the System on your phone, you will need to register with LibreView.

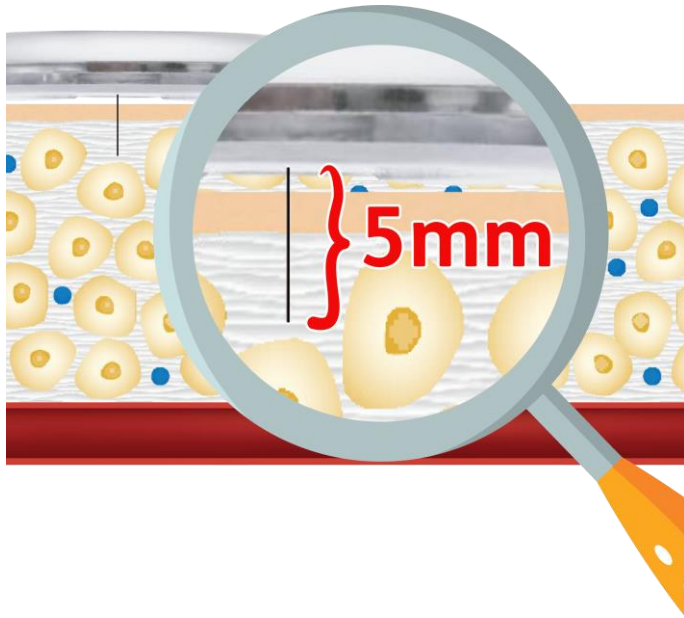
The reader



The FreeStyle Libre Reader has:

- a touchscreen
- a home button
- a socket for a cable to go to your computer
- a socket to link to your finger prick tester.

How the sensor works



- A thin fibre goes under the skin of your arm.
- It is very short. Only 5 millimetres long.
- It doesn't go as far as your blood stream.
- It takes a reading from your interstitial fluid.

Interstitial fluid



- Just below the surface of your skin is a liquid called interstitial fluid.
- The sensor tests how much sugar there is in your interstitial fluid.
- The amount of sugar in the interstitial fluid is a good guide to your overall sugar levels.

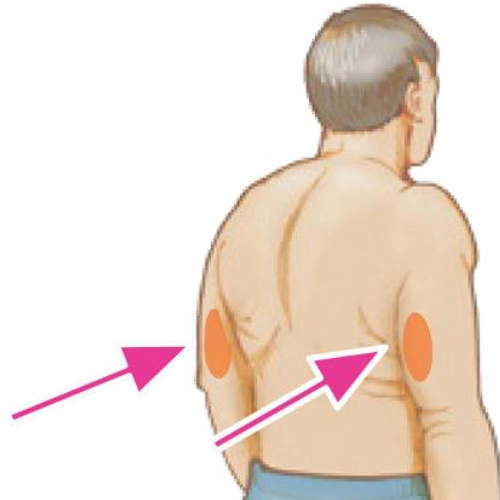
The sensor package



In the package there is:

- a sensor pack. This contains the sensor which you will put on the back of your upper arm
- a sensor applicator. You use this to put the sensor on the back of your upper arm
- some **alcohol wipes**. An **alcohol wipe** is a bit of material soaked in a liquid that cleans your skin.

Putting the sensor on - 1



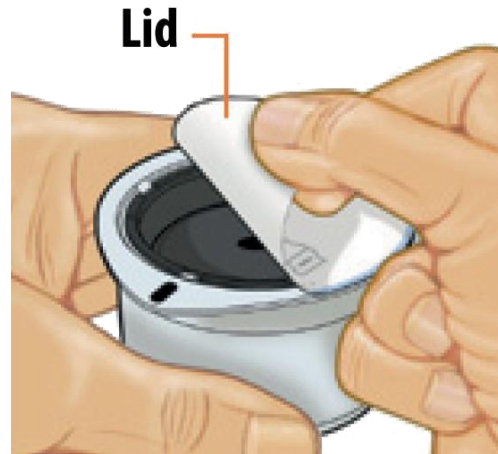
1. You should put the sensor on the back of your upper arm. Don't put it on a scar, mole, stretch mark or a lump.

2. Clean the area that you want to put it on by:

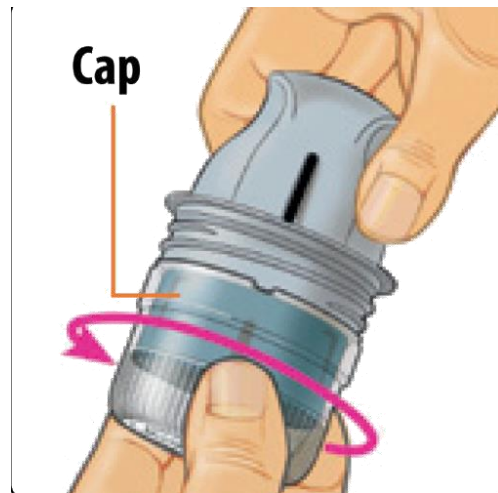
- washing the area with soap and water
- drying it
- wiping the area with an alcohol wipe
- leaving it to dry before the next step.



Putting the sensor on - 2

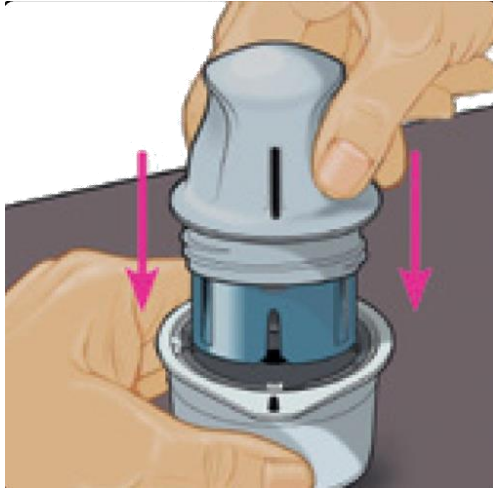


3. Open the sensor pack by peeling the lid off completely.



4. Unscrew the cap of the sensor applicator and put it to one side.

Putting the sensor on - 3



5. Line up the dark mark on the sensor applicator with the dark mark on the sensor pack.

Put it on a hard surface and press firmly down on the sensor applicator until it comes to a stop.

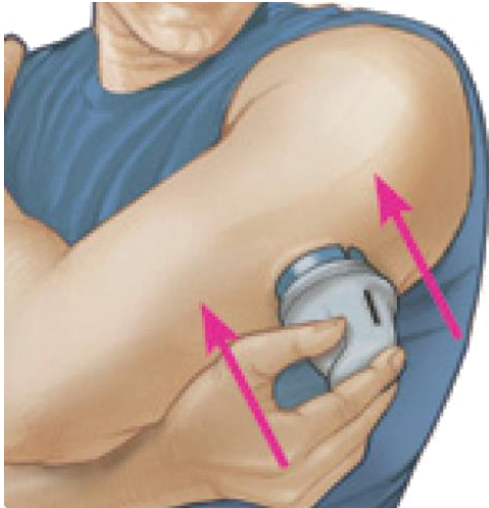


6. Lift the sensor applicator out of the sensor pack.

Be careful. The sensor applicator has a needle.

Do not touch inside of the applicator or put it back into the sensor pack.

Putting the sensor on - 4



7. Place the sensor applicator over the area on your arm that you have cleaned and dried.

Push down firmly to put the sensor onto the back of your upper arm.

A thin fibre goes into your arm just below the skin.

Putting the sensor on - 5



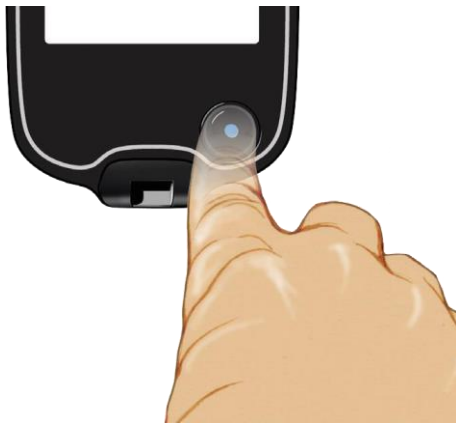
8. Gently pull the sensor applicator away from your arm. The sensor should now be firmly fixed to your skin.
9. Make sure the sensor is stuck tight.
10. Put the cap back on the sensor applicator.

Put the used sensor applicator safely in the bin for needles that your doctor gave you. You can put the sensor pack in your normal bin.

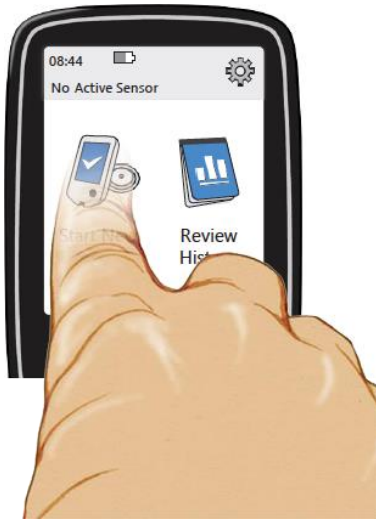


You will need to wait 1 hour before you can start scanning.

How to scan the sensor with a reader - 1



1. Press the 'Home' button to turn the reader on.



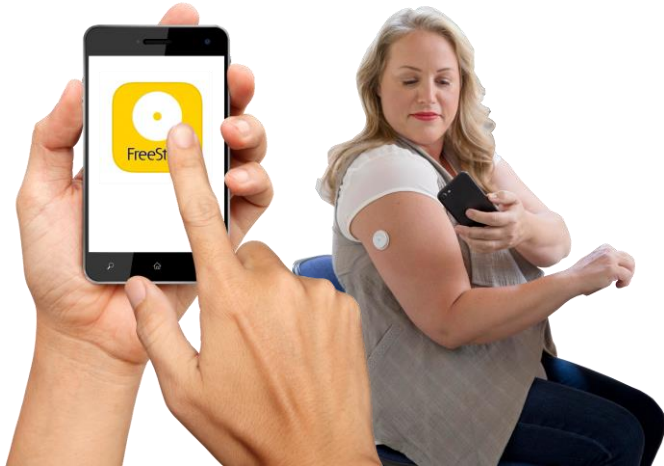
2. Press 'Start new sensor' on the screen.

How to scan the sensor with a reader - 2



3. Hold the reader close to the sensor. It will beep to say it has started to work.

How to scan the sensor with an iPhone



1. Open the app on your iPhone and scan a new sensor.

2. Hold the phone near your sensor.



3. Wait until you hear a tone and feel a vibration. This means that it has worked OK.

How to scan the sensor with any other smartphone - 1



1. Open the app on your smartphone.



2. Hold the phone near your sensor.

How to scan the sensor with any other smartphone - 2



3. Don't move your phone until you hear the first tone and feel the vibration.
4. Keep your phone near the sensor until you hear a second tone and feel a vibration. This means that it has worked OK.

Stay connected



You can access all the information about your diabetes on your computer with the LibreView system.

You can share this information with your doctor.

Your family and friends can help you to manage your diabetes.



They can access information about your diabetes. They will be told every time that you scan your sensor.

Training and online discussions



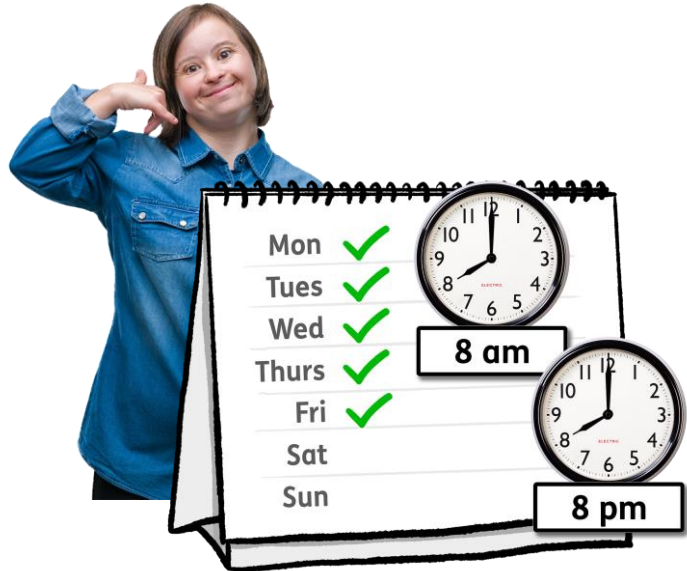
- You can get more information with our online training.
- Find out more about this at:
Progress.FreeStyleDiabetes.co.uk



Online questions and answers session

- You can join our online discussions. You can ask questions and get answers.
- Sign up for these at: **FreeStyleDiabetes.co.uk/Training**

If you need help



For help with the app, please call: **0800 170 1177**.

This telephone line is open Monday to Friday,
8:00am to 8:00pm.



Or you can email: adchelpuk@abbott.com

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