SIMPLE TIPS FOR SUCCESS

How to Use Your FreeStyle Libre Sensor

Where to put the sensor

- Put the sensor on the flat part of the back of your upper arm.
- Put it 1 inch away from where you take insulin shots.
- Switch arms each time you change the sensor so you do not get skin problems.

What to wear

- Wear loose, light clothes over the sensor.
- Be careful not to pull the sensor when you get dressed.

Wearing the sensor

- To protect the sensor, cover it with a bandage when you play sports.
- Do not cover the small hole in the center of the sensor.
- If the sensor starts to come loose from sweat, you can use skin-safe glue to keep it on.

Water safety

- The sensor is water-resistant.
- You can wear it while you shower, bathe, or swim.
- Do not go deeper than 3 feet or stay in water longer than 30 minutes.
- Pat it dry after it gets wet.
- Bluetooth may not work in water.

When to remove the sensor

- The sensor lasts up to 15 days.
- Your app will tell you when to change it.
- Peel off the sensor slowly so you do not hurt your skin.

Be careful

- Watch out for doors, seatbelts, and backpacks. They can bump the sensor.
- Try not to sleep on the side with the sensor.
- Do not touch the sensor once it is on.

Call 855.632.8658 if you need help.

You can also get help with your sensor here: freestyle.abbott/us-en/support/sensorsupportrequest.html

Scan to get help with your sensor

UPDATED 10/2025

CENTRAL HEALTH