

Placing the sensor

Welcome to this lesson about placement of the FreeStyle Libre 3 sensor. In this video, we will guide you through the process of placing and removing a FreeStyle Libre 3 sensor, and go over some do's and don'ts.

1 Supplies

Let's get started by gathering the essential supplies: a sensor box and an alcohol swab. Within the box, you'll discover the sensor applicator, pre-loaded with the sensor.

2 Inserting the sensor

Properly inserting the FreeStyle Libre 3 sensor involves the following steps:

- Start by washing your hands and selecting the spot on the back of your upper arm where the sensor will be placed. Remember to rotate sites between applications.
- Wash the application site with plain soap and water, wipe dry with a clean towel, clean with an alcohol wipe, and let air dry. Following these three easy steps helps ensure the sensor stays on your skin.
- The FreeStyle Libre 3 sensor and applicator already come assembled for you. Simply unscrew the cap and set it aside. Do not put the cap back on, as it may damage the sensor. Place the sensor applicator over the prepared site on the back of your upper arm and push down firmly to apply the sensor to your body.
- The sensor should now be attached to your skin. Then make sure the sensor is secure by gently pressing down with your finger around the edge.

3 Removing the sensor

To remove the FreeStyle Libre 3 sensor, gently and slowly pull it away from your skin. Dispose of the sensor in the appropriate bin.

4 Do's & don'ts

- For ease of placement on the upper arm, lift your arm and elbow to avoid excessive twisting.
- When placing the sensor, aim for a 90-degree angle.
- The System is designed to detect certain conditions which may occur where the Sensor is not working as intended and shut it off, telling you to replace your Sensor. This may occur if the Sensor gets knocked off from the skin or if the System detects that the Sensor may not be performing as intended. Contact Customer Service if you receive a Replace Sensor message before the end of the wear duration specified by your Sensor insert.
- You can find the contact details of your local Abbott Customer Service online. In many countries it is not even necessary to call them, you can just fill in an online form, to request a new sensor to be send to your home.

If you ever need a new sensor, you'll need the serial number from the back of your sensor applicator. So, it's a good idea to keep that somewhere safe, instead of throwing it away.

By mastering the art of sensor placement, you are building a solid foundation for seamless monitoring. With each successful insertion and removal, you ensure accurate data for informed decision-making.