

Flash Glucose Monitoring FAQ

1 CAN ANYONE USE A FLASH GLUCOSE MONITORING SYSTEM (I.E., FREESTYLE LIBRE)?

The FreeStyle Libre Flash Glucose Monitoring System is indicated for use in adults aged 18 years and older. It may **not** be appropriate for residents who:

- Are chronically **dehydrated** due to low fluid intake (may result in inaccurate results)
- Require **mechanical lift** with sling
- Have **pressure ulcers** (if they have to lie on their side for lengthy dressing changes)
- Have **skin conditions** or **poor skin integrity**
- Have frequent episodes of **incontinence**
- Take **Ascorbic Acid (Vitamin C) or ASA** (may falsely raise or lower the sensor readings)
- Would remove meters inappropriately (e.g., residents with dementia)

2 CAN USERS BATHE, SHOWER, SWIM, OR EXERCISE WHILE WEARING A SENSOR?

Yes. The sensor can be worn while bathing, showering, swimming, or exercising. The sensor should not be taken below 1 meter of water (3 feet) and should not be submerged in water for more than 30 minutes.

3 HOW DO YOU REMOVE THE SENSOR?

- Pull up the edge of adhesive. Slowly peel away from skin in one motion.
- Remove any remaining adhesive left on skin with warm, soapy water or isopropyl alcohol.
- Discard sensor in sharps container.

4 WHEN IS A TRADITIONAL BLOOD GLUCOSE METER CHECK (I.E., FINGER PRICK TEST) RECOMMENDED?

- **During times of rapidly changing glucose levels** (interstitial glucose levels reported by the sensor may not accurately reflect rapid changes in blood glucose levels)
- **To confirm hypoglycemia** or impending hypoglycemia as reported by the Flash Glucose Monitoring System's glucose messages
- **If symptoms do not match** the Flash Glucose Monitoring System reading. **Do not ignore symptoms that may be due to low or high blood glucose.**
- **If the person is dehydrated**

Note:

- The system has not been evaluated for use in persons on dialysis.
- Residents who have a medical appointment that includes strong magnetic or electromagnetic radiation (MRI/X-ray/CT) should remove the sensor prior to the appointment and apply a new one after the appointment.

References:

1. Abbott - FreeStyle Libre Flash Glucose Monitoring System User's Manual: 2017 ART34011-301 Rev. B 06/17.
2. Government of Canada. Summary Basis of Decision - FreeStyle Libre Flash Glucose Monitoring System - Health Canada. 2020/09/17. <https://hpr-rps.hres.ca/reg-content/summary-basis-decision-medical-device-detailThree.php?linkID=SBD00477>. Accessed September 22, 2020.
3. FreeStyle Libre IN-SERVICE GUIDE v2.0 10/17.