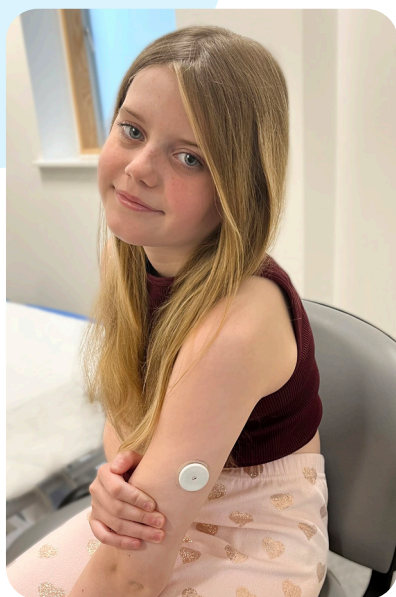


FreeStyle Libre 2

Glucose Monitoring Guide

Information for patients, parents and carers

Libre glucose monitoring is a way of finding out what your glucose levels are doing over the whole day and can help to identify high glucose patterns. It is usually carried out for one week (sometimes two), together with a food diary. It is important that you have your usual dietary intake, to give a true picture of your usual glucose levels.



Libre glucose monitoring involves attaching a sensor to your upper arm, and using a reader or a smart phone (Android Operating System 5.0 and higher, iPhone 7 or higher, OS 11 or higher) to display the glucose result.

The sensor has a thin, glucose detecting filament which measures glucose in the interstitial fluid (a thin layer of fluid that surrounds the cells of the tissue below your skin). Most young people do not feel pain when the sensor is put in or afterwards, there is sometimes a little tingling for a few minutes afterwards.

You can use your smart phone to scan the sensor. When you do this, it will display your current glucose level (with a trend arrow). It will also download the glucose trace for the previous 8 hours.

This means you can get 24 hour glucose traces if the sensor is scanned at least every 8 hours.

The sensor is water resistant for up to 30 minutes so you can wear it in the shower, bath, or swimming for half an hour. Some people find it helpful to put a piece of tape over the sensor when they are doing any activities, please ensure that the small hole in the centre of the sensor is left exposed to the air.

Download FreeStyle LibreLink-GB



- Once downloaded, go into the app. and select the hamburger icon (triple bar ≡) at the top left of the screen to give options.
- Create account in account settings with password and email address. Use your child's name and date of birth for the account (not your own)
- You may need to go out of the app. and come back in again to then log on.
- Again select the hamburger icon (≡), go to connected app.
- Select the blue Libreview option, select connect to a practice, enter ID = **RHCYPdiabetes**
- Click Add or click Next, Connect and Done (this can be removed at any time).

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Connecting to the hospital practice allows your data needs to be shared and viewed by us at RHCYP automatically after each scan.

Please make an account and connect to RHCYP diabetes before your visit to have the sensor put in.

If you have already created an account for previous libre CGM monitoring please check that you have an up-to-date password before the sensor is put in. Also, check that you are connected to [RHCYPdiabetes](#).

To Use:

Open app, click on scan, hold phone to sensor. If the scan is not successful repeat the process (can be scanned through clothes).

Note: it takes about an hour after insertion of the sensor before you can get a reading.

When you scan, as well as the glucose value, you will see a glucose trending arrow. You do not need to take any notice of this.

Plan for when to scan sensor

Minimum:

- On waking
- Before school
- After school
- After evening meal
- Before bed

If sensor comes out before 14 days please contact:

When will the data be reviewed?

Date _____

Please scan the food diary during the period of monitoring, as we need this as part of the analysis. At the end of the monitoring period, scan the food diary and email to:

RHCYP.dietetics@nhslothian.scot.nhs.uk

with the email title "FAO CF Dietitian"

Taking the sensor out:

We recommend removing it in the bath or shower. Gently loosen sensor around the edges away from the skin and then remove.