

## Blood Glucose monitoring with the FreeStyle Libre 14-Day CGM System



### FreeStyle Information

The FreeStyle Libre 14-day continuous glucose monitoring (CGM) system is our clinic's new method of choice for diabetic tracking. It allows us to track blood glucose levels from the comfort of your home in an effort to improve and maintain your diabetic pet's health and quality of life.

The Libre system includes two components - a sensor we apply to your pet's skin and a reader or smart phone application to scan the sensor.

Sensors and readers are available by prescription at your local pharmacy of choice. The cost can vary from pharmacy to pharmacy, but we always recommend taking a Good Rx coupon card in an effort to keep cost low. The smart phone application can be downloaded at no cost from your phone's app store.

Once picked up from the pharmacy, call to make an appointment where we will apply the sensor to your pet! If you plan to use the smartphone application to scan the sensor, please

download the FreeStyle LibreLink application and create an account. If you have any trouble, please let us know when you come in for your appointment!

When you come to pick up your pet from the clinic, we will guide you in scanning the sensor for the first time. This first scan will prime the sensor and data will be available for scanning within the hour.

The Libre Sensor obtains readings every minute, records these readings every 15 minutes, and holds up to 8 hours of this data (that is a total of about 1,440 readings per day!) The sensor lasts up to 14 days at which point the sensor can be removed as it will no longer transmit data.

In an effort to obtain as much data as possible, scanning the sensor every 8 hours is ideal. We also understand this can be hard to manage in day-to-day life, and that is okay! If you go over the 8-hour period, the sensor will overwrite the data chronologically for the amount of time you are over.

Through the use of LibreView, a 3<sup>rd</sup> party application, our

veterinarians will monitor your pet's glucose levels and call to make insulin adjustments as needed. Please await this call and **do not perform any insulin adjustments unadvised.**

Once a diabetic patient's blood glucose is regulated in an acceptable range, a process that can take several adjustments to insulin, we recommend additional blood glucose monitoring with a new sensor every 6 months.

### Applying the Sensor

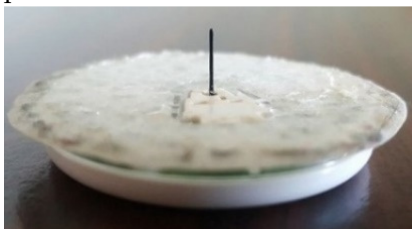
The sensor is a round adhesive disc a little larger than a quarter. This disc has a very small, flexible filament that is placed into the fluid space under the skin where it obtains continuous readings.



We prepare a 2- to 3-inch-square area by shaving and cleaning a patch of skin on the pet. This location can vary on size or species. To minimize scratching,

licking, and biting at the sensor, we choose a spot out of your pet's reach and away from high movement areas. We may also use a small amount of tissue glue to help the sensor stay in place for the full 14 days.

While the sensors can potentially collect data continuously for as long as 14 days, there is a possibility the sensor may fall off before this time. If this happens, please reach out to us!



Fortunately, even 1-2 days of data gathering will often provide more detailed data than a curve in clinic could provide.

Most animals do not notice or feel the application of the Sensor, but some can be more sensitive than others. This process is typically done on patients who are fully awake, but sometimes a mild sedative may be given to ease anxiety.

To protect the sensor and help keep it in place, we recommend a cone, thunder shirt, or similar product available online or at your local pet store to prevent the pet from licking, scratching, biting, etc. if they begin to do so.

Please Note: The company that manufactures FreeStyle Libre, Abbott, does not offer customer service or support for veterinary use of its system because it is made for human use.

### Activating and Scanning the Sensor

Use a dedicated FreeStyle Libre reader OR the FreeStyle LibreLink app on your compatible

smartphone to activate and connect with a newly placed sensor. The first readings will be available within about an hour.

**To use a FreeStyle Libre reader,** turn the device on by pressing the button on the bottom right corner. To scan the sensor, hold the reader about 1.5 inches away and wait for the glucose level to be displayed on the screen.

**To set up the FreeStyle LibreLink app** on your phone, download the app from the App Store for iOS devices or Google Play for Android. Launch the app and follow the prompts to create an account. Make sure near field communication (NFC) is enabled on your phone and use the default settings when you set up your account.

To scan the sensor using your smartphone, open the app and select the icon in the top right corner of the main screen. Hold the phone near the sensor and wait for the glucose reading to appear on screen.

Readers and the smartphone app will work through fabric, such as a sweater, bandage or garment used to help keep the sensor in place.

A reader can track only one active sensor at a time. Only one smartphone should be used to collect readings from a sensor.

To share data with us, you will need to accept our LibreView invitation. You should receive an email following the application appointment or you can easily accept through the app. Click the 3 lines in the top left corner and navigate to "Connected Apps." Click connect by libre view, select our clinic name, and click accept! Now we will be able to access all the data you receive when scanning!

### Removing the Sensor

At any time during its maximum 14-day lifespan, the sensor may detach from your pet's skin and fall off on its own. A used sensor cannot be reattached. If more glucose monitoring is needed, a new sensor will be applied.

Even if it stays in place for the entire 2 weeks, for a variety of reasons the sensor may stop generating scannable data before the full 14 days have elapsed.

When the useful life of the sensor is done, you may remove it yourself or, if you prefer, schedule a tech appointment to have it removed at the clinic.

#### WORD OF CAUTION!

Even if you see unusually high or low readings from your pet's FreeStyle Libre sensor, do not change your pet's insulin dose on your own! Your veterinarian will monitor the results of your scans and let you know of any dosage adjustments that should be made. **Regardless of the readings, please call us if your pet shows any outward signs of low blood sugar (trembling, weakness, panting, seizures and/or collapse) or high blood sugar (increased thirst, increased urination, depression or excessive hunger).**

### **In Summary: Using the FreeStyle Libre CGM System**

1. Schedule an **Admit appointment** to have the sensor applied in our office. We will call in a prescription to the human pharmacy of your choice. **Please pick up the FreeStyle Libre Sensor** and bring it to the Admit appointment.
  - a. Generally, pets spend a couple of hours at the Clinic. At discharge, the technician will ensure the monitor is working properly with your smartphone/reader.
2. If you're using your smartphone to scan the sensor, **download and set up the app (LibreLink) before the application appointment**. If you're using a dedicated reader, bring it with you to the appointment.
3. Once home, hold the reader or phone within an inch or two of the sensor, ideally **scanning it at least every 8 hours**.
4. For as long as the sensor stays in place and keeps providing data, keep scanning at least every 8 hours.
5. We will monitor results every 5 days and contact you if we think any changes need to be made or if we see anything concerning. We will not be able to provide more frequent feedback on your scans except in cases of medical emergency.
6. During the 14 days after application, the sensor may detach from your pet's skin on its own, or you may remove it yourself when it's no longer providing scannable data. If you prefer, you may schedule a tech appointment to have the sensor removed in our office.