

6. Glucose Monitoring

TOP TIPS

- ❑ Select a site on the back of the upper arm. Avoid scars, moles, stretch marks and lumps.
- ❑ The site should generally stay flat during normal daily activities (no bending or folding).
- ❑ You will wear the sensor for **14 days**. During this time you can get the sensor wet, but try to keep it as dry as possible.



Step 1:

Clean the back of your arm with an alcohol wipe and allow to dry.



Step 2:

Pull the tab to open the white sensor package. Unscrew the bottom of the cap from the grey applicator.



Step 3:

Line up the dark mark on the grey applicator with the dark mark on the white sensor pack.



Step 4:

On a hard surface, press down firmly on the grey applicator until it clicks. Now the applicator and sensor should be connected to the grey applicator.

Caution: The Applicator now contains a needle. Do NOT touch inside the Applicator



Step 5:

Place the grey applicator over the prepared site and push down firmly to apply the sensor to your body. You may feel a small sting as the needle goes in.



Step 6:

Gently pull the grey applicator away from your body. The white sensor should now be attached to your skin.

Caution: Applying the Sensor may cause bruising or bleeding. If there is bleeding that does not stop, remove the Sensor



Step 7:

Put the cap back on the grey applicator and discard the grey applicator and white sensor packaging.



Step 8:

You will then need to start the recording your glucose levels. To do this you will need the white glucose reader (see picture).

Press the Home button (circled red) to turn on the glucose reader.



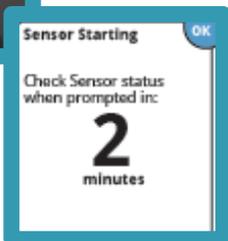
Step 9:

Touch 'Start New Sensor' on the white glucose reader.



Step 10:

Tap the reader to the sensor, it should beep. You can check if the sensor has successfully started in 2 minutes.



Note: If communication is not established within 15 seconds, the Reader displays a prompt to try again. Touch OK to return to the Home Screen and touch Start New Sensor to start the Sensor.



Step 11:

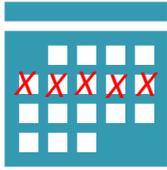
After 2 mins, when prompted, touch **yes** to check the Sensor status. Tap the reader to the sensor again, to verify the sensor is working.



If the sensor is working touch **OK** (top right of the screen).

Note: If the sensor is not working please contact a member of the research team.

Step 14:



You will need to wear the sensor for **14 days**. The sensor is water-resistant up to 1m.



Note: If the sensor falls off before the end of the 7 day period do not worry, please keep the sensor and email the research team.

Step 13:



After **14 days** you will need touch 'Get sensor data' and tap the reader to the sensor.

Then to remove the sensor, pull up the edge of the adhesive and slowly peel the sensor away from the skin.

Note: there may be a bit of blood afterwards, this is normal.



Step 14:

Place the white sensor in the clear biohazard bag before posting.

Envelope 2 (going back to LJMU) should then contain:

1. Physical Activity Monitor
2. White Sensor in Biohazard Bag
3. Glucose Monitor

