

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 **7 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 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:

We will need to wear the sensor for **7 days.**

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.

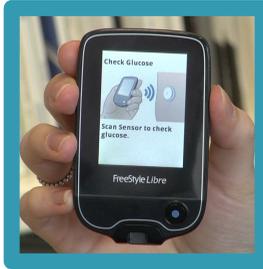
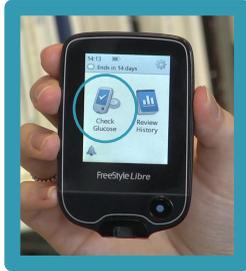
Step 9:



Every
8hrs

You will then need to take a reading with the black monitor every **8 hours**. To take a reading press the Home Button to turn on the reader. After this use the touch screen to use the reader.

Step 10:



Press 'check glucose' and the screen should change asking you to touch the monitor to the sensor.

Step 11:



Tap the monitor to the sensor, it should beep. Then the monitor should show a glucose reading.

If this doesn't happen please email the Motivate LJMU team immediately because the sensor isn't working.

Step 12:



After **7 days** you will need to remove the white sensor and post it (and the black monitor) back to us at LJMU.



To remove the sensor, pull up the edge of the adhesive that keeps the sensor attached to the skin. Slowly peel away from the skin in one motion.

There may be a little bit of blood afterwards, this is normal.