

It is important that a nurse advises me about my sensor care. For support, I can contact the Bolton Clarke National Service Centre on **1300 22 11 22**

## Planning and Equipment:

24 hours before my sensor is due to be changed, I should clip any long hairs and wash and dry the sensor site and remember not to put any creams on my skin.

The equipment I will need to put in (insert) my sensor:

- A new sensor (check expiry)
- Device that works with my sensor i.e., mobile phone, reader or receiver
- Skin preparation wipes i.e., Alcohol swab, extra adhesive, adhesive remover
- Skin tape or over patch
- Large sharps container
- A clean, flat surface to put my equipment on, in a well lit area and away from distractions.
- A mirror for a good view of the site my sensor is going into.
- Any other instructions I have been given to help me care for my sensor.

## How I prepare:

- Before starting, I wash my hands with soap and water for at least 20 seconds and then dry them.
- Wipe down the table I will be using with warm water and detergent and dry it.
- Have all the equipment I need, ready to use.
- Take off the old sensor and put it into general waste.
- Expose the skin where my sensor is going. Clean this with soap and water then let it dry.
- Wipe area with an alcohol wipe and allow to air dry.

**Remember: If a sensor was worn before, the new sensor site should not overlap where the old one was.**

- If using any other wipes to prepare the skin (make the sensor stick better) wipe this on now.
- Wash my hands again with soap and water for at least 20 seconds and dry.
- Open the new sensor packaging and take out the sensor part/s.

Refer to the manufacturer instructions included in the packaging and the nurses instructions to get the sensor ready to go into the skin.

Try not to touch the inside of the sensor inserter. It may be helpful to use a hard flat surface if I need to put the sensor parts together.

- Insert the sensor to the prepared skin site.
- Put the used sensor inserter into the large sharps container.
- To help the sensor to stick to my skin, I can use my finger to rub around the sensor adhesive a few times and then gently press on the sensor for 10 seconds. If using an over patch, I put this on next.
- Start (or 'pair') the sensor with my device, like I have been shown.
- The sensor glucose levels should show on my device after the warm-up period.

## How I manage my sensor:

I should wait 2 hours after inserting my sensor, before going in the shower or a pool. I should try not to rub it, put any soap or moisturiser close to it and 'pat' it dry.

- My nurse will tell me if my sensor needs to be 'scanned' and how frequently. If I do need to scan, I can do this through light clothing.
- I can scan or enter a note when required, when I have had a meal or had my insulin.
- If my sensor it is coming loose around the edges, I can use a breathable skin tape to help keep it in place, the way my nurse has shown me.

## When should I do a finger-prick blood glucose check?

- Any time my symptoms do not match the sensor glucose level.
- If my sensor falls out, until a new sensor has been inserted.
- During the sensor 'warm up' period.

## What should I report?

- If the sensor adhesive is lifting, the sensor has fallen off, or the site shows signs of increasing redness, swelling, discomfort, heat or is leaking fluid, I should immediately remove the sensor, cover the sensor site with a dressing (band-aide) and call the **Bolton Clarke National Service Centre for advice and support on phone number: 1300 22 11 22**

- I should call the manufacturer's 'Customer Service' number if my sensor falls off before it expires, or if the sensor isn't working.
- I should tell my nurse if my sensor alarms have been going off. My nurse will help me find out why the sensor is alarming.
- I should take my sensor receiver with me to my medical appointments so my health professional can review my glucose levels and talk about them with me.

## Where do I get my supplies?

If I use sensors all the time, I should always have a spare sensor available. I must also buy and maintain my supplies of over patches, alcohol wipes and other skin wipes to use from my preferred supplier. My nurse may help me with ordering these.

- **If I receive a subsidy for my sensors:** I can get my sensor and supplies from a local pharmacy that is a National Diabetes Services Scheme (NDSS) access point.
- **If I pay for them directly:** I can get my sensors from the manufacturer through their online web shop.

## How can Bolton Clarke help me?

- If I have any questions or want more information about self -care, I can contact Bolton Clarke National Service Centre (1300 22 11 22), or the sensor manufacturer customer care number, or my trusted health professional.