

Using the Freestyle Libre Continuous Glucose Monitor on Alternative Sites

ACTRN12618001516279

Status	RECRUITING
Sponsor	Wellington Regional Hospital
Enrollment	20 participants

Plain Language Summary

Managing blood sugar levels is one of the most important tasks for people living with diabetes, but finger-prick blood tests are inconvenient and uncomfortable, so many people do not test as often as they should. The Freestyle Libre is a continuous glucose monitoring device — a small sensor worn on the skin that measures glucose levels automatically without finger pricks — and it has recently become available in New Zealand.

The manufacturer recommends the Freestyle Libre sensor be worn on the back of the upper arm, but this location can be inconvenient for some people. This study tests whether wearing the sensor on the chest or flank (side of the body) gives readings that are as accurate and consistent as the recommended arm placement, potentially offering more comfortable and discreet alternatives for daily use.

To be eligible you need to have Type 1 or Type 2 diabetes. People who regularly take aspirin (which can interfere with interstitial glucose monitoring) or who have allergies to medical adhesive tape are not eligible. The study involves wearing multiple sensors simultaneously on different body locations and comparing the readings over time — no additional medications or procedures are required.

Key Eligibility Criteria

Inclusion (1)

- Type 1 & 2 diabetes

Exclusion (1)

- Potential participants will not be recruited if they require regular Asprin use as it interferes with interstitial glucose monitoring, or if they have an allergy to medical tape/ sticking plaster and will stop participation if they develop an allergy.

Locations (1 total)

Wellington, New Zealand