

Diabetes: Continuous Glucose Monitoring

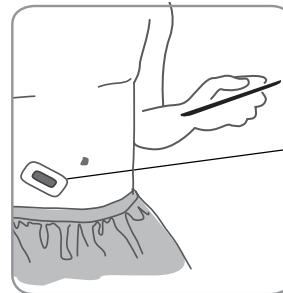
What is continuous glucose monitoring?

A continuous glucose monitoring (CGM) system is a way to track the glucose in your body's tissues throughout the day. It can help you see when your glucose levels are rising or falling, how often they change, and how fast the changes are happening.

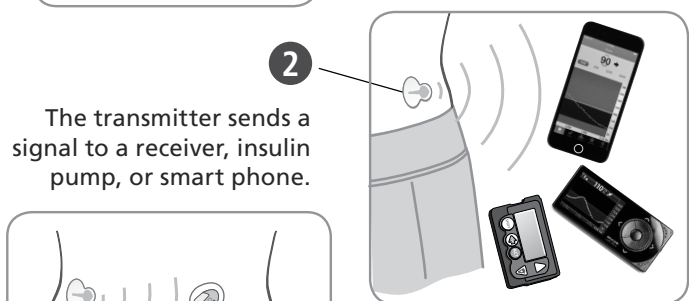
CGMs are usually worn long term, but some are only worn short term to help figure out why someone might be having a hard time controlling their diabetes.

How does a CGM work?

- 1 A tiny glucose sensor is placed in the tissue under your skin. It's attached to a wireless transmitter that is taped to your skin.
- 2 The sensor measures your glucose every 5 minutes and sends that information to a receiver, insulin pump, or smart phone that you carry with you.
- 3 The CGM will send you an alert if your glucose gets too high or too low, even in the middle of the night. This can help you avoid periods of high blood glucose (hyperglycemia) or low blood glucose (hypoglycemia). Some CGMs can send your glucose readings to your healthcare provider to review.

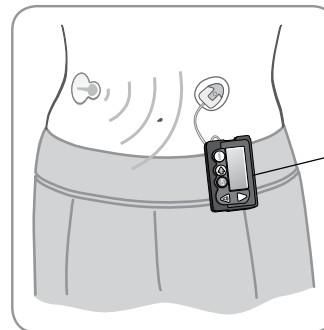


- 1** The sensor and the wireless transmitter are held firmly in place with tape.

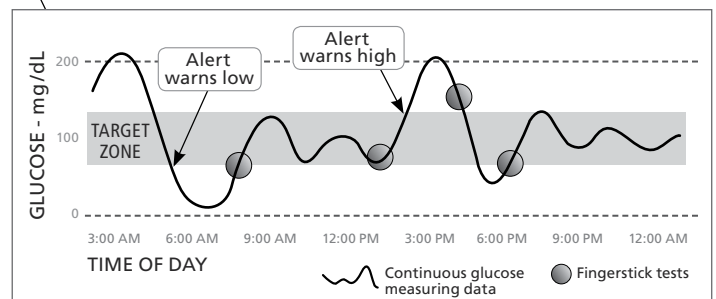


- 2** The transmitter sends a signal to a receiver, insulin pump, or smart phone.

- If you have an insulin pump and a CGM, you will have two insertion sites.



- 3** In some cases, the information from your CGM can be shared with your health care provider via the Internet.



Do I still have to do a finger stick if I have a CGM?

Yes. You will need to check your blood glucose with a finger stick before injecting insulin or making adjustments to your insulin pump. Because a CGM only measures the glucose in your tissue fluid, the numbers on your meter and your CGM might not match. You will need to fine-tune (calibrate) your CGM with 2 or 3 of those finger sticks during your day.

Frequently asked questions about CGMs

- **Can I use a CGM if I have type 2 diabetes?** Yes. A CGM can be used by patients with either type 1 or type 2 diabetes.
- **How will it help me?** A CGM can help you and your healthcare team see how food, exercise, illness, and stress affect your blood glucose. Understanding your personal pattern of high and low blood glucose may make it easier to reach your target A1c.
- **How is the sensor inserted?** The sensor is about the size of a toothbrush bristle. It's placed under the skin with a needle and held in place with tape. This is a simple procedure that you can do at home. You will need to move the sensor to a new location every 6 to 7 days.
- **Will it keep me from my favorite activities?** Not likely. You can exercise, swim, and shower with the sensor and transmitter in place.
- **Can I use it with my smartphone?** Some CGMs will communicate with your smart phone. Talk to your healthcare team about your expectations and needs. They can help you decide if a CGM is a good fit for your lifestyle and your needs.
- **Will my insurance pay for it?** You should talk with your health insurance provider before you buy a CGM or any supplies to make sure you understand your coverage.

Specific instructions from your healthcare provider:

Your healthcare provider requires the following before you can have a CGM:
