

10 Essential Habits for a Healthy and Happy Person using Continuous Glucose Monitoring (CGM)

Blood Glucose Level (BGL) – glucose level from finger-prick
Sensor Glucose Level (SGL) – glucose level from the CGM sensor

1. Use your CGM as much as possible.
2. Calibrate the sensor at least twice each day using meal-time or bed-time finger-prick BGL. *Calibrating a CGM with a SGL will result in inaccurate CGM readings.*
3. Always check BGL by finger prick at meal-times, bed-time and when the CGM is reading greater than 10 (high) or under 3.5 (low). Additional insulin or carbohydrate should not be given to correct high or low SGLs unless confirmed by finger-prick BGL.
4. CGM arrows can be helpful but are difficult to interpret. It is usually best to observe closely for a time and wait for the trace to stabilise before checking your BGL and acting on the result.
5. Rises in glucose levels after meals is normal and expected (up to 8-12mmol). Look for patterns before meals, 2-3 hours after food and overnight. Remember do not give a correction for high BGL's until at least 2 hours after the last short acting insulin. Discuss the patterns with the team if needed.
6. Change the sensor as recommended by the manufacturer (usually every 6-7 days) OR if the site is red, sore or has a discharge. Always rotate sites. Change sensor if it's not working properly and remember any problems with the equipment (warranty issues) contact the CGM Company.
7. Set alarms on the CGM when confident and comfortable with its use. It may be useful to discuss alarm settings with the team to ensure they are appropriate.
8. Parents/carers need to stay involved. Look at the CGM download at least twice a week together and continue to write in the diary. Discuss any patterns (both concerning and positive) and problem solve together as needed.
9. Ensure the expectations about the use of CGM at school are clear and agreed to by the child, parent(s) or carer(s) and the school. In particular, discuss having a phone at school and how teachers will respond to alarms. This agreement should be negotiated and incorporated into the school care plan.
10. Ensure there is an active account (Clarity for Dexcom users and CareLink for Medtronic users) to upload the CGM. Record username and password safely and advise the diabetes team so that CGM data may be accessed by the team.