Medtronic

Getting Started

with Continuous Glucose Monitoring

Learning Guide

Paradigm REAL-Time Revel™ MiniMed

Getting Started with Continuous Glucose Monitoring

Keys to Success

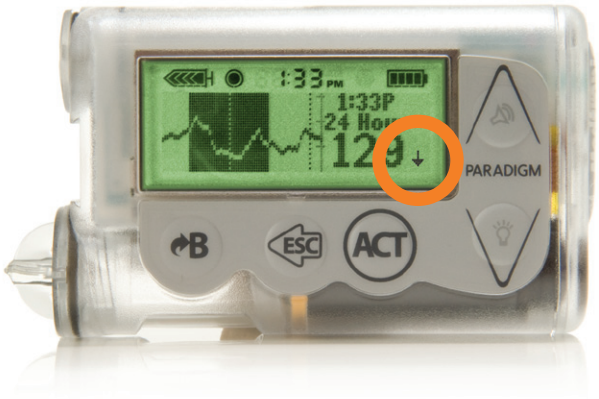
Getting Started with CGM:
Learning Guide

TRENDS

CGM finally lets you "fill in the blanks" between your fingersticks.

Focus more on the _____with CGM, instead of each individual number.

CGM tells you about the _____ and _____ of glucose changes that fingersticks are unable to show.



_____ arrow means glucose has gone up or down 1-2 mg/dL per minute.

_____ arrows mean glucose has gone up or down over 2.0 mg/dL per minute.

SG ≠ BG

BG - *the Blood Glucose readings that are measured by your meter.*
SG - *the Sensor Glucose readings that appear on the CGM display.*

You should expect that SG readings on the CGM monitor will be _____ than BG meter values.

This is _____.

Your meter measures glucose in the _____.

Your sensor measures glucose in the _____ between the cells (interstitial fluid).

Since glucose is always moving between these two places, there will be a natural difference in BG and SG readings.

Most of the time, SG and BG readings will be very _____ to each other.

You will see a _____ difference between your SG and BG readings when glucose is changing rapidly.

This is likely to occur:

- AFTER a _____ or _____
- When you see _____ or _____ arrows on the screen

Always rely on _____ readings to make therapy adjustments.

NOTE: *Glucose will often change rapidly after treating a low or correcting a high BG.*

CALIBRATION

You will need to enter BG readings into your pump to ensure your sensor works properly. This is called calibration.

It is best to calibrate _____ to _____ times a day.

Calibration should be done when blood glucose and interstitial glucose levels are most likely to be _____.

This is usually:

- Before _____ and _____
- When there are no _____ or _____ arrows on the display.

Calibrating during these times helps keep BG and SG readings close together.

Calibrate before bed to avoid getting a calibration alarm during the night!

TIP: *If BG and SG readings are very different and you don't see arrows on your pump screen, wash your hands, test your BG, and calibrate the system*

INSERTION

Sensors should be inserted at a _____ to _____ degree angle.

Inserting the sensor at _____ than _____ may cause discomfort and/or bleeding.

Inserting the sensor _____ than _____ degrees can also cause discomfort and may keep the sensor from working properly.

REMEMBER: Rotate insertion site with each new sensor

Choose sites:

- where your body does not naturally bend a great deal
- where you do not have scars, thickened skin or stretch marks
- that are at least 2 inches away from your infusion set

WETTING

Sensors need _____ to properly wet.

If the sensor is not wetting properly, you may receive

_____ _____ and _____ _____

alarms during the 2 hours initialization period.

If these alarms occur, *do not worry*. If Sensor Error occurs, simply clear it. If Lost Sensor occurs within 20 minutes of a sensor start, go to New Sensor. If the alert occurs after 20 minutes, go to Reconnect Old Sensor.

If these errors continue to occur during the initialization period, turn the sensor off. After 2 hours have passed, turn sensor on and go to Link to Sensor and New Sensor.

PERSONALIZE

High and Low glucose alerts are NOT the same as glucose targets.

Sensor _____ and _____ settings should be set to levels that work best for you.

It is best to start with these alerts set _____ to avoid getting too many alerts.

You can then adjust your alert settings over time as you get used to CGM and your glucose control improves.

If you are getting too many alerts, your settings and repeat times may need to be changed.

CARELINK™ SOFTWARE

CareLink software helps you to understand the effects of_____, _____ and _____ on your glucose levels.

CareLink software makes it easier to see areas where changes can be made to improve your glucose control.

It is best to start off with these two reports first:

The _____ _____ Report gives you specific information about a particular day including; insulin taken, carbohydrates eaten, sensor readings and alarms. It is helpful to understand how diet, insulin, and activity affect your glucose levels.

The _____ _____ _____ Report shows you trends and patterns. These can help you adjust your sensor alert settings and make necessary changes to the amount of insulin you receive.

LEARNING

A solid understanding of CGM will improve your glucose control and allow you to live your life your way!

However, like anything new, learning CGM takes _____ and _____.

We have many resources to help you along the way.

- Getting Started with Continuous Glucose Monitoring Guide
- Getting Started with CareLink Software for CGM Guide
- CareLink Software
- 24-Hour HelpLine at: _____
- www.medtronicdiabetes.com

NOTES: _____

www.medtronicdiabetes.com

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