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.

**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.
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: ____________________________________________
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