

## CGM & YOU – A GUIDE

CGM is a tool you and your diabetes care team will use to monitor your glucose levels and develop your diabetes treatment plan

### Parts of Your CGM:

- A. Disposable Sensor - The sensor attaches to the body and can be replaced after 7 days. It has a thin probe which is inserted under the skin and will measure your glucose every few minutes.
- B. Transmitter - Attaches to the sensor and sits on top of the skin. It sends the sensor glucose readings to the display device. Remember not to throw this away!
- C. Display Device - Receives and displays sensor glucose levels. This must be within 20 feet of the sensor in order for information to be received. This can be your own mobile device or a manufacturer-issued receiver.

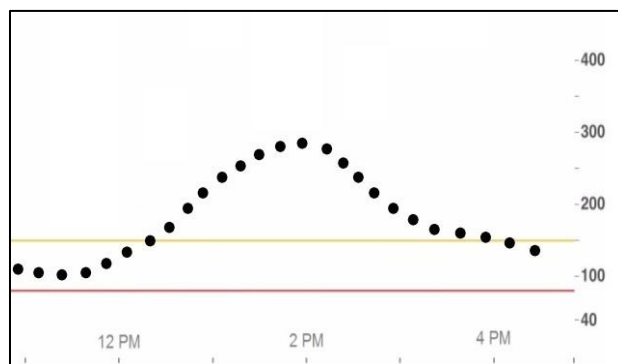


### What to Expect From Your CGM:

- CGM is a tool you and your diabetes care team will use to make treatment decisions.
- In the beginning, the primary purpose of CGM will be to prevent and treat lows
- Especially in the beginning, your glucose levels will often be out of range. This is okay.

### CGM and Meals:

- Hyperglycemia after meals is expected and will be addressed over time
- After the initial mealtime insulin, avoid administering insulin for the next 2-3 hours
- Administering extra insulin after mealtime is called “stacking” and can lead to hypoglycemia



### To Reduce Post-Meal Hyperglycemia, Follow the Rule of 10s:

- If pre-meal blood glucose is in the 100s, bolus 10 minutes before eating
- If pre-meal blood glucose is in the 200s, bolus 20 minutes before eating
- If pre-meal blood glucose is in the 300s, bolus 30 minutes before eating

*CGM and Exercise:*







- CGM can be worn while exercising, even swimming.
- If blood glucose is below 120-150 before exercising, consider eating a small snack of 10-15 grams of carbs to prevent a low.
- Skin Tac and GrifGrips are a helpful and fun way to keep the transmitter secure.

[www.GrifGrips.com](http://www.GrifGrips.com)

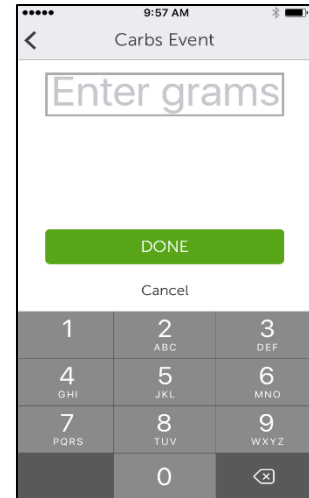
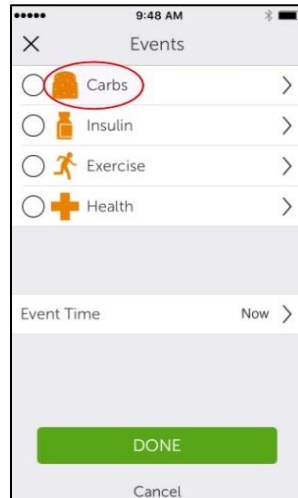
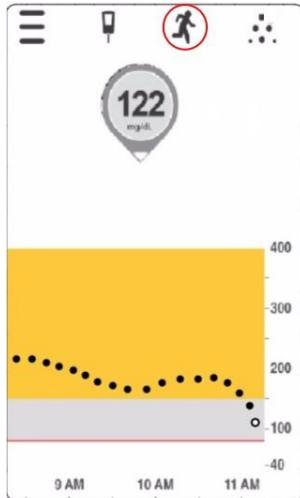


*CGM and Trend Arrows:*

- Trend arrows allow you to predict which way your glucose is headed—and how fast.
- For now, the most important arrows to pay attention to are the downward facing arrows.

<b>If you see this arrow</b>	<b>And your Glucose is at or below</b>	<b>You should Consider</b>
 	<b>90 mg/dl</b>	Giving 15 grams of fast acting carbs to prevent hypoglycemia. Check again 15 minutes later.
 	<b>100 mg/dl</b>	Giving 15 grams of fast acting carbs to prevent hypoglycemia. Check again 15 minutes later.
 	<b>120 mg/dl</b>	Giving 15 grams of fast acting carbs to prevent hypoglycemia. Check again 15 minutes later.

### CGM and Event Logging:

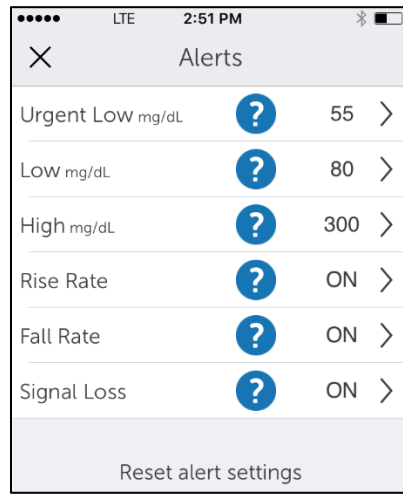


- Event logging allows you to keep track of events that may influence your blood glucose
- Logging events will allow you and your diabetes care team better understand your blood glucose trends

### CGM and Alerts:



- At the beginning, consider setting your low alert to 75-80 mg/dL and your high alert to 300 or 300 mg/dL. Your receiver will alert you when your glucose goes out of range.
- Over time, you and your diabetes care team will work to tighten the range of glucose values.



- Your receiver can also alert you when your blood glucose is rapidly increasing or decreasing.
- If you are overwhelmed by the alerts, consider turning off the high alert and rise alert

Visit <https://www.dexcom.com/continuous-glucose-monitoring> for more resources about using your CGM