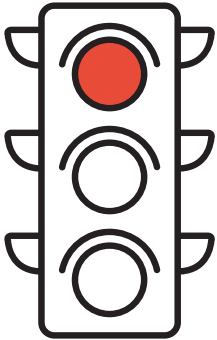


STARTING Continuous Glucose Monitoring (CGM)

eden

THINGS TO CONSIDER WHEN STARTING CGM



DISCUSS

IDENTIFY WHICH DEVICE IS MOST APPROPRIATE FOR THE INDIVIDUAL

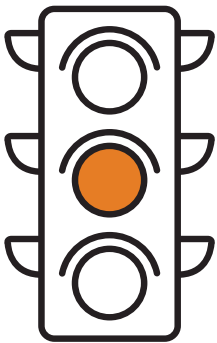
Intermittent Scanning-CGM

- Explain the need to scan to see glucose levels (ideally at least 8 times a day)
- Aim to obtain 70% of glucose data
- Discuss the option for using a mobile phone app or receiver

Real Time-CGM

- Explain CGM data transmits to device automatically
- Discuss the option for using a mobile phone app or receiver
- Discuss the added benefits of alarms and predicable alerts to aid decision making

EDEN TOP TIP: Some receivers may require the user to manually upload data onto cloud-based system

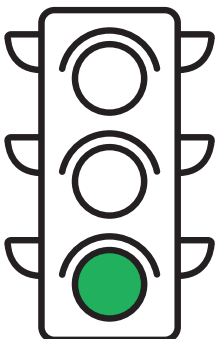


SET UP

- Support the user to apply the sensor and inform them of the warm up period
- Set appropriate individualised glucose target range
- Set appropriate high and low glucose alarms [see guidance on [DTN-UK website](#)]
- Advise user to create an account with the relevant cloud based system (e.g. [LibreView](#) or [Clarity](#))
- To remotely access the users glucose data, link their personal account with your clinic account.

Set up resources are available – see '[Implementation toolkit](#)'

EDEN TOP TIP: High and low alarms need to be set wider than the target range.



GO

Ensure timely follow up and remind the user to:

- **LEARN** by accessing the following resources
- **INPUT** carb consumption and insulin doses
- **SCAN MORE SCANS** → BETTER SUGARS
- **GIVE** time to get used to the technology

EDEN TOP TIP: For technology support contact:

Abbott: ☎ 0800 170 1177 🌐 [abbott.co.uk](#) Dexcom: ☎ 0800 031 5763 🌐 [dexcom.com/en-GB](#)

Facebook

facebook.com/groups/ukusersfreestylelibre

Libre Academy:

progress.freestylediabetes.co.uk

Dexcom training:

www.dexcom.com/en-GB/uk-training-videos

DTN-UK: abcd.care/dtn/education

For further information contact:

☎ 0116 258 4674

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Leicester Diabetes Centre