

Continuous Glucose Monitors (CGMs)

If you are starting a continuous glucose monitor or thinking of one, congratulations, you have mastered the confusing insulin dose calculations and carb counting and now ready to handle the diabetes technology. This document addresses some common questions so that you don't get frustrated with the readings.

Are CGM's accurate?

If you happen to check a meter glucose and see a different number from the CGM reading, please know that CGMs do not measure blood sugar but measure the interstitial fluid sugar. So, variability up to 20-30% is acceptable.

This accuracy of 20% is applicable in a fasting state. Since the glucose in the blood and fluid changes at variable rates, the numbers will not be at the 20% acceptable range if food is in the system.

What is a fasting state?

- First thing in the morning as long as there was no snack after midnight
- 3hrs after a meal with no free foods or snacks in between

Which brand is better?

in practical terms, no brand is better than the other, when it comes to continuous glucose monitors. So please read up about the available ones in the market. Two of the common ones are freestyle Libre 3 and Dexcom G7

Can I dose Insulin using CGM readings?

It is OK to calculate Insulin doses and administer based on the CGM readings. The only times I would recommend parents to confirm with a meter reading is

- If you get low blood sugar alert overnight, check with a meter glucose before giving juice or glucose tablets
- If the child is asymptomatic and the CGM reading is less than 60 or greater than 300.

Trouble shooting

No reading- make sure your phone or receiver is within 30feet

Inaccurate reading- If the CGM readings are more than 30 points off when on a fasting state as described above, change to new sensor

If you are continuing to see significant differences in the readings in a fasting state, please call Dexcom tech support. Someone from Dexcom care will call you. Their number is 1-888-738-3646.