

Worksheet 11: Sample Instructions for Professional CGM for the Person with Diabetes

The purpose of the Professional Continuous Glucose Monitor (CGM) is to assess your blood sugar patterns in response to what you eat, the diabetes medications you take and physical activity. This is why we have you keep a diary of what you eat and when, what time you take your diabetes medications and what activity you do and when, while you are wearing the continuous glucose monitor.

- The continuous glucose monitoring (CGM) device will monitor your blood sugar frequently throughout the day and night.
- Please be sure to record everything that you eat, including portion sizes, all activity you do and when you take your diabetes medication.
- It is okay for you to shower and go about your normal daily activities while wearing the device.
- It is best to wear the device when you are having a normal week and best to avoid if you will be on vacation or undergoing medical testing or procedures.
- At your next scheduled appointment your continuous glucose monitor will be removed, and the data will be evaluated by your health care provider. We will contact you about those results and provide you with next steps, or you may be provided with the option to mail in or drop off your continuous glucose monitor to the clinic.
- If the device falls off before your next appointment is scheduled, simply return the device and your diary to the clinic. If it has been on for greater than three days there might be enough data to complete the test. If it is less than three days, you may need to have another device placed.