

Continuous Glucose Monitors (CGMs)

- Measure glucose levels in the fluid beneath the skin (“interstitial fluid”) every 5-10 minutes
- Do NOT measure the blood glucose (BG) like when you check via finger stick
- Uses a small sensor that’s inserted under the skin and the glucose information is transmitted wirelessly to a small receiver or Smart phone device for you to read

DEXCOM G5:

- Transmitter lasts 3 months; Sensor lasts 7-10 days
- Requires 2 finger stick calibrations per day
- High and low alerts
- Syncs through Bluetooth to smartphone
- **Trending Arrows:**
 - Flat arrow = stable BG
 - Single arrow angled up/down = changing 1-2 BG points/min
 - Single arrow up/down = changing 2-3 BG points/min
 - Double arrow up/down = changing >3 BG points/min



DEXCOM G6:

- Less cumbersome site profile
- Easier site placement
- Requires NO finger stick calibrations
- Syncs with t:slim X2 insulin pump



MEDTRONIC GUARDIAN CONNECT:

- Transmitter needs to be recharged every 6 days for 2 hours at a time
- Sensor lasts one week
- Requires minimum of 4 finger stick calibrations per day
- High and low alerts
- Trending arrows
- Syncs to Medtronic insulin pump and smartphone
- Cumbersome to place site
- **Special Features:**
 - Suspend on low: Auto shut off of basal insulin when below a set threshold
 - Auto basal: Auto adjustment of basal rates based on input from CGM



FREESTYLE LIBRE

- Sensor lasts 10-14 days
- No calibrations required
- No high or low alerts
- Trending arrows
- Syncs with smartphone, but no insulin pumps
- BG can range 40 points from what is actually shown on the screen
- **An affordable option for patients without insurance:**
 - \$65 for one time purchase of reader
 - \$36 for a 10-day sensor

