

Continuous Glucose Monitoring (CGM)

What is continuous glucose monitoring?

A continuous glucose monitoring (CGM) device is a small wearable device that measures glucose levels continuously through a **sensor**.

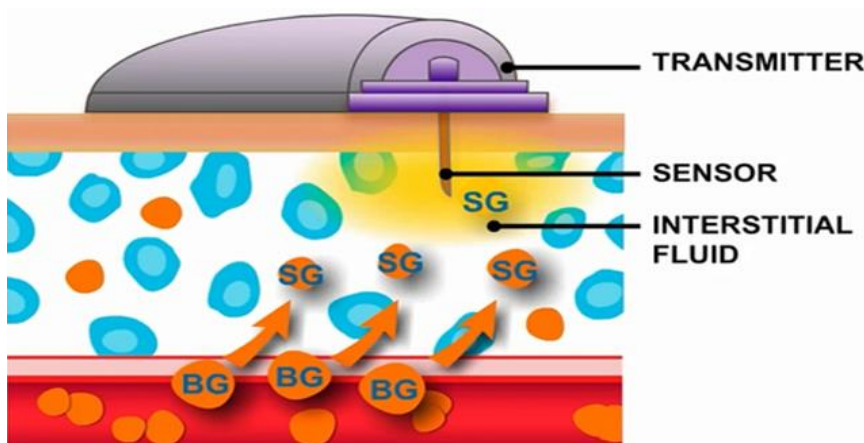


Figure 1

The **sensor** sits on the skin with a small electrode inserted just under the skin (usually on the abdomen or hip/buttock). It measures the level of glucose in the fluid between the cells. A new sensor needs to be inserted every 7-10 days, depending on the device.

The **transmitter** is attached to the sensor and sends glucose readings to the wireless receiver, insulin pump or compatible smart phone. Transmitters need to be replaced every three to 12 months, depending on the device. The receiver allows the user to view their glucose data.

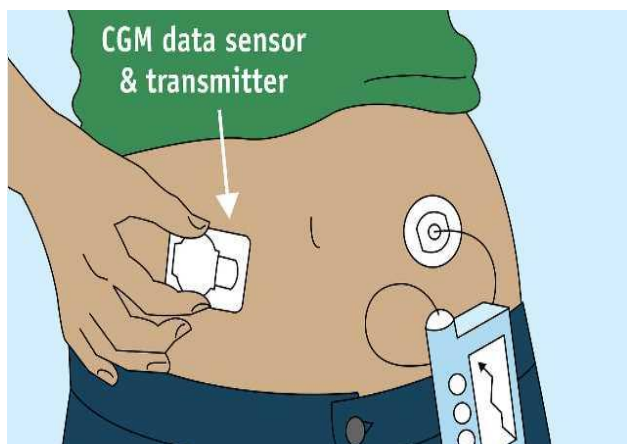


Figure 2

The **receiver** might be a standalone device, insulin pump or compatible smartphone via an app. The receiver stores glucose data and has alarms to let the user know if glucose levels are getting too low or too high, stable or on the way up or down. These devices reduce the frequency of daily finger prick blood glucose checks and can be uploaded for you to review to make informed decisions regarding changes to insulin doses or pump settings.

Information for patients, families and carers

What is flash glucose monitoring?

A flash glucose monitoring (Flash GM) device is like a CGM device, except that you scan the sensor with a reader, smartphone or smart device to get your reading. A Flash GM device does not alert you if your glucose levels are low or high and does not connect to an insulin pump. In Australia, this technology is currently only available in the FreeStyle Libre product.

Interested in CGM?

Are you eligible?

Children and young people with Type 1 Diabetes under 21 years of age are eligible for NDSS subsidy for CGM/Flash Glucose Monitoring. Please visit the below link for more information on the subsidy

- www.ndss.com.au/cgm

Which device should I choose?

Each device has different features so please visit the following websites to learn more.

- **Dexcom** www.dexcom.com/eu-AU
- **Medtronic** www.medtronic-diabetes.com.au
- **Libre Flash Glucose Monitoring** <https://www.freestylelibre.com.au/>

For more information regarding CGM please call



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