



Continuous Glucose Monitor (CGM) Instructions

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Contact **AsktheExperts** if you note any of the following T1D symptoms.

Most common symptoms include:

- **Excessive thirst**
- **Frequent urination** or getting up at night to urinate
- **Wetting the bed** in a child who was previously dry
- **Unexplained weight loss** or poor weight gain
- **Change in appetite**

Additional symptoms people experience include:

low energy, blurred vision, yeast infections, mood changes, behavior changes

VISIT: **AsktheExperts.org**



STAGE 1-T1D / Normal blood glucose levels

Wear the CGM once (for about 10 days) every 3-6 months.
Try to look at the glucose value 2 hours after your largest meal each day.
Set high glucose alert for 300 mg/dL. Do not set a low alert.

HIGH CGM VALUES:

- If CGM glucose is **200 or higher** at TWO HOURS after a meal, please wash hands and check finger-stick blood glucose.
- If sensor or blood glucose continues above 200 mg/dL two hours after a meal, **TEXT or EMAIL AsktheExperts** (see below) the next business day.
- If blood sugar is **>300 for more than two hours in a row**, contact your health care provider—a blood glucose, ketone and HbA1c level should be checked.

LOW CGM VALUES:

- For sensor glucose values **below 55 mg/dL**, the CGM will automatically alarm. In people who are not taking insulin, the body has the ability to raise the blood glucose in response to normal lows. However, if your child feels hungry or has symptoms of a low blood glucose, give a small snack.
- Glucose values may run lower at night. In some cases, these lows are caused by compression of the sensor that happens when laying on the sensor site while sleeping. If this is the case, move off of the sensor. It may take up to 20 minutes for the glucose value to appear/increase.
- If you are **experiencing lows**—blood glucose < 60 mg/dL for more than 2 hrs—more than 2 days in a row, **TEXT or EMAIL AsktheExperts** the next business day.

HIGH

LOW

TEXT: (720) 326-0430 or EMAIL: Questions@AsktheExperts.org