

Patient Information Sheet

Continuous Glucose Monitoring System

Your healthcare professional has suggested that you have continual glucose monitoring performed. The continuous glucose monitoring system (CGMS) gives us a picture of what is happening with your blood glucose levels during a 24 hour period. It takes a reading every five minutes during the time you are wearing it. It enables us to fill in the gaps between finger prick tests and identify trends. It may also identify times when your blood glucose levels fall, particularly during the night.

Why I need to have this performed?

Your control may not be good or you may be experiencing specific problems such as hypoglycaemia. A CGMS monitor will help us to identify and work with you to improve your control.

How is this performed?

A tiny sensor will be placed in your abdomen, by one of the Diabetes Specialist Nurses. This is done very quickly with minimal pain and, once in place, you should not be able to feel it at all. It will be attached to your stomach with a sticky film and then connected to a monitor that will fit into a pocket or be attached to a belt.

How long will I need to wear it?

If possible we try to leave it for about 72 hours but it can be left for up to five days. This allows us to get as much information as possible. Sometimes it may become dislodged and if this is the case an alarm may sound and we may need to remove it. You will be shown how to do this by the Diabetes Specialist Nurse.

Do I have to do anything?

Depending on the type of monitor used you may need to enter at least four blood glucose tests into it daily along with the times at which you take your medications and eat. We will also ask you to keep a food/insulin dose/activity diary. Full instructions will be given to you before you leave. An appointment will be sent to you to have the monitor fitted.

What about bathing, swimming and sports activities?

The monitor is not waterproof so you will not be able to have a bath or swim, but you will be able to shower. You will not be able to take part in any contact sports whilst wearing the monitor.

What happens after?

When you return the monitor the Diabetes Specialist Nurse will download the results onto a computer. This will give us a print out of up to 250 glucose readings per day. We will look at these and then discuss the findings together and decide a plan of action to address any issues.

Further information

Contact the Diabetes Specialist Nurses on 0161 945 8203. If they are not available you will be connected to an answerphone and they will return your call.