

Continuous Glucose Monitoring System (1 of 2)

Your healthcare professional has suggested you have continual glucose monitoring carried out. The Continuous Glucose Monitoring System (CGMS) gives us a clearer picture of what is happening with your blood glucose levels over a 24 hour period. It takes a reading every 5 minutes during the time you are wearing it. It is able to fill in the gaps left by finger prick tests and identify hidden trends. It can also identify times when you maybe hypoglycaemic especially during the night.

Why do I need to have this done?

Your control may not be as good as we or you would wish for, or maybe you are experiencing specific problems i.e. hypoglycaemia. This will help us to identify what is happening and work with you to improve things.

How is this done?

A tiny sensor will be introduced into your abdomen by one of the Diabetes Specialist Nurses. This is done very quickly and is virtually painless. It will sit just under your skin and you shouldn't be able to feel it at all. It will be safely attached to your stomach with a sticky film and then connected to a small monitor that will fit into a pocket or attached to a belt.



How long will I need to wear it?

If possible we try to leave it in for about 72 hours, so that we get as much information as possible. Sometimes it doesn't last that long - if this is the case it will alarm and you will need to remove it.

Do I have to do anything?

We will give you full instructions before you leave. You will need to enter at least 4 blood glucose tests into it daily along with the times you take your medication and eat. We will also ask you to keep a food diary.

What about having a bath or swimming?

You will not be able to have a bath or swim, as the monitor is not waterproof. We can however supply you with bags to put the monitor in

If you need this information in another language or medium (audio, large print, etc) please contact the Patient Advice and Liaison Service (PALS) on 0800 374 208 email: palservice@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

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Contact: Diabetes Specialist Nurse
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to have a shower.

What happens after?

We will download the results onto the computer. This will give us a printout of up to 288 glucose readings per day. We will then look at it with you and discuss the findings. Together we will decide a plan of action to address any issues.

The Diabetes Specialist Nurses will contact you to arrange a suitable date and time to insert the sensor. This appointment may take up to 1 hour. They can be contacted on 01722 425176 should you have any further questions

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