

Continuous Glucose Monitoring (CGM)

Patient resource for Dexcom G5 and G4



Initial recommended settings

Programmable Settings	On/Off	Setting	Action
Low Alert for G5 Low Alert for G4	On On	3.9mmol 3.9mmol	Treat as per Diabetes Action plan (Hypoglycemia)
Low Snooze	On	15 minutes	The receiver will alarm if the patient remains ≤ 3.9 after 15 mins. Treat again as per Diabetes Action plan.
High Snooze	Off	X	X
Rise Rate	Off	X	X
Fall Rate	Off	X	X
Out of Range	On	30 minutes	Ensure receiving device is within 6 meters of the child




CGM trends: reading and responding

CGM is able to pre-empt the rise and fall of blood glucose (BG) to prevent results outside of the target range, so action may be required if the following trend arrows are displayed during checking times.



Hypoglycaemia or impending Hypoglycaemia

The direction and speed of your changing BG will help you decide if you need to treat with glucose with or without taking a finger prick, eat longer acting carbohydrate or decide to watch and wait.

Trend Arrow	Meaning	Practical interpretation
	<p>The sensor glucose (SG) level is falling at a rate of 1.7mmols in 15 minutes</p>	<p>If the receiver displays (SG) of ≤ 5.6mmols with this trend arrow the patient may be having a hypo or is about to have a hypo within 15 minutes.</p> <p>Treat with rapid acting carbs.</p>
	<p>The SG level is falling at a rate of 2.5mmols in 15 minutes</p>	<p>If the receiver displays SG of ≤ 6.4 with this trend arrow the patient may be having a hypo or is about to have a hypo within 15 minutes.</p> <p>Treat with rapid acting carbs.</p>
	<p>The SG level is falling at a rate of more than 2.5mmols in 15 minutes</p>	<p>If the receiver displays SG of ≤ 6.4 with this trend arrow the patient may be having a hypo or is about to have a hypo soon or within 15 minutes.</p> <p>Treat as hypoglycaemia.</p>

Using the different trend graphs

The trend graph is a time frame for you to look at your SG levels in more detail.

It can be set at 1, 6, 12 or 24 hour intervals (3 hour is always displayed when the receiver is switched on). You can switch between these times if you need to.

Trend	When to Check
3 Hour Trend	<ul style="list-style-type: none">• Mealtimes and immediately after your meals to see effect of food• During physical activity• Standard View
1 Hour Trend	<ul style="list-style-type: none">• When there are rapid changes, for example, after the treatment of a hypo as this will give you the most up-to-date information
6 Hour Trend	<ul style="list-style-type: none">• To review long-acting insulin-basal dose• To check the effect of low GI foods or meals that are rich in fat• To check post physical activity
12 Hour Trend	<ul style="list-style-type: none">• To review glucose levels overnight• To review long acting insulin
24 Hour Trend	<ul style="list-style-type: none">• To review the daily trend• Gives you a general overview of the day – is there anything you need to change?



Government of **Western Australia**
Child and Adolescent Health Service

This document can be made available in alternative formats on request for a person with a disability.

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