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NHS
West Hertfordshire Teaching Hospitals
NHS Trust

Patient information

Continuous Glucose Monitoring

Excellent patient care, together

What is Continuous Glucose Monitoring?

Continuous Glucose Monitoring (CGM) is a system of glucose monitoring. It consists of a sensor which measures the glucose level in the fluid that surrounds your body cells (called interstitial fluid). A transmitter is attached to the sensor and transmits the level every few minutes to a receiver or a smart device.

You can see the direction of the glucose levels by an arrow displayed and the speed at which they are changing.

While a CGM system will replace most blood glucose testing, there will be exceptional times when you will need to measure a blood glucose level, for example, during “sensor warm up” period or if your symptoms do not match the readings.

Where you are able to wear your sensor will depend on the system you are using. For example, the Libre 2 and Libre 2 Plus CGM systems are approved only for insertion on the back of the upper arm. The Dexcom ONE +, G6 and G7 CGM systems are approved to be inserted on the abdomen, back of the upper arm and upper buttocks (ages 2-17 yrs). The Simplera Sync CGM system is approved for insertion on the back of the upper arm or upper buttocks (ages 7-17 yrs).

Sensors are changed every seven to 15 days dependent on the system.



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Above image reproduced with permission of Dexcom, Inc.



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Driving with CGM

The DVLA considers CGM readings to be sufficient monitoring for Group 1 (car and motorcycle) drivers since February 2019, but finger prick glucose testing is still required under certain circumstances (for example if your blood glucose level is 4.0 mmol/L or below, or you have symptoms of hypoglycaemia).

Please read the DVLA's 'A guide to insulin-treated diabetes and driving (INF294)' for further information: https://www.gov.uk/government/publications/information-for-drivers-with-diabetes

Who is eligible for NHS Funding for CGM?

The latest guidance from the National Institute for Health and Care Excellence (NICE) advises that CGM should be offered to all children and young people with Type 1 diabetes, alongside education to support children and young people and their families and carers to use it. Full details of NICE guidelines criteria can be found at: www.org.uk/guidance/ng-18

The diabetes team will provide you with the training and support to use the system.

Which type of CGM system?

The West Herts Children's Diabetes Team is able to apply for funding for a variety of CGM sensors (Libre 2, Libre 2 Plus, Dexcom ONE +, Dexcom G6, Dexcom G7, Simplera Sync).

Starting CGM will be discussed at diagnosis or at you/your child's first clinic appointment following diagnosis and then reviewed yearly. Choice of sensor will depend upon your/your child's age:

Two years and above → Dexcom ONE +
Libre 2 (>4 years)
Libre 2 Plus*
Dexcom G6/ Dexcom G7 (if approved for follow function with insulin pump)
Simplera Sync (>7 years and approved for Medtronic insulin pump)

* Libre 2 Plus does not currently have a follow function for parents/ carers if using the Omnipod 5 pump. Omnipod is working to create a follow feature for the Libre 2 Plus with their product.

Once an agreement has been made with the diabetes team for the Dexcom ONE +, Libre 2 or Libre 2 Plus sensor to be used, these will be supplied by GP prescription. Whereas, if the Dexcom G6, Dexcom G7 or Simplera Sync sensor are agreed on, these are funded by an application to the local Integrated Care Board. Once funding is approved, they are then obtained for that funded time period from the company.

Advantages of using a CGM

- You can track your glucose levels all through the day and night.
- You can see what your levels are like at times when you wouldn't normally check, for example during the night.
- You can see trends: when your levels are starting to rise or drop, so you can take action earlier.
- You may not need to carry out as many blood glucose level checks, depending on which CGM system you use.
- It can help improve your HbA1c level as you can tailor your insulin doses more carefully.
- It can help reduce hypos as you can see a downward trend before you actually go hypo.
- You can set it to alarm at high and low levels.

Challenges of using a CGM

- You can get overloaded with data, which can confuse or worry you.
- You will still need to do some blood glucose level checks (this can be discussed in more detail with your diabetes team).
- You may find wearing the sensor irritating or unsightly.
- You need to be motivated to review the data and understand it to be able to use it to achieve the best diabetes management.

If I self-fund, how much does CGM cost?

Libre 2, Libre 2 Plus or Dexcom ONE **+** CGM systems can be NHS funded for anyone with type 1 diabetes meeting age criteria. If you would like a different CGM system and are not eligible for NHS funding, you can expect to pay approximately £1,700 yearly if you are considering self-funding.

Further information
Please speak to any member of the diabetes team for further information.

Freestyle Libre 2 and Libre 2 Plus CGM systems:
Freestyle Libre 2 System | Continuous Glucose Monitoring | Abbott

Dexcom ONE **+**, G6 & G7 CGM systems:
https://www.dexcom.com/en-GB

Simplera Sync CGM system:
https://www.medtronic-diabetes.co.uk/about-diabetes/continuous-glucose-monitoring

How to contact us

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PALS

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For more information, please scan the QR code or visit our website.

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