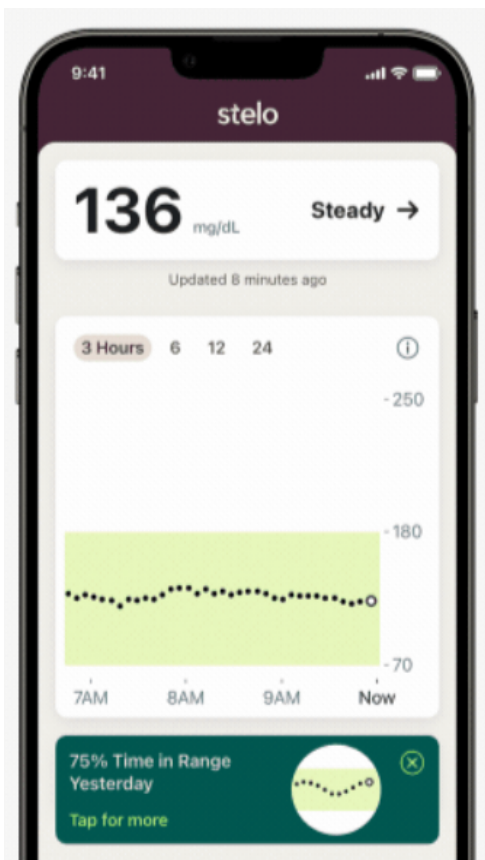




GESTATIONAL DIABETES and CONTINUOUS GLUCOSE MONITORING (CGM)



Continuous glucose monitoring (CGM) is a technology that helps manage blood sugar levels by providing real-time glucose readings throughout the day and night.

Why Use CGM During Pregnancy?

Historically, CGM were mainly used by patients with pre-existing diabetes. Recently, however, these devices have become more widely available, including for monitoring glucose control in patients with gestational diabetes.

- **Real-Time Data:** Using a CGM can make it easier to adjust your diet, physical activity, and medications by showing you detailed trends over time. This continuous feedback helps you avoid sudden highs and lows, supports better decision-making, and may reduce the need for frequent fingersticks.
- **Convenience:** CGM sensors last 2 weeks, helping avoid multiple fingersticks per day.

How Does CGM Work?

A small sensor is placed under the skin, usually on the abdomen or arm. This sensor measures glucose levels in the interstitial fluid and sends the data to a monitor or smartphone app. The device alerts you if your blood sugar levels are too high or too low.



CGM vs Fingerstick Testing

Traditional fingerstick testing involves pricking your finger to obtain a drop of blood for measuring your glucose level at a single moment in time. In contrast, CGM provides continuous, real-time data, allowing you to see how your levels rise and fall throughout the day. Although CGM devices measure glucose in the interstitial fluid rather than directly in the blood—which means they can sometimes be slightly less accurate during rapid changes or at very low/high readings—the overall benefit is that they help you better understand your glucose patterns. Very low or high readings should be confirmed with a fingerstick.

Logging Glucose

It is important to look at the app and to **record displayed glucose on your glucose log, at appropriate time intervals** (ie fasting, 1 or 2 hours post meals), as the data is averaged and pooled, so detailed information may not be fully accessible the next day.



NAME _____
DOB _____

GLUCOSE LOG

| INSULIN: | BREAKFAST | LUNCH | DINNER | BEDTIME |
|---------------------|-----------|-------|--------|---------|
| Lantus/basaglar/NPH | | | | |
| Aspart/lispro | | | | |
| ORAL MEDICATION: | | | | |

| Date | Before Breakfast FASTING | 2 hrs post BREAKFAST | 2 hrs post LUNCH | 2 hrs post DINNER | Comments <small>If value checked is a 1 hr, please designate with *</small> |
|------|-----------------------------|-------------------------|---------------------|----------------------|--|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

Types of CGM Devices:

- Dexcom G7 - <https://www.dexcom.com/g7-cgm-system>
- FreeStyle Libre - <https://www.freestyle.abbott/>
- Stelo - <https://www.stelo.com/>

stelo



dexcom G7