

How to Monitor Blood Sugar



Flash Glucose Monitor (FGM)

- It consists of a sensor and a reader, and depending on the type of sensor, it is placed either at the back of the upper arm, on the abdomen or the upper buttocks.
- FGMs can be used up to 14 days. It allows you to view interstitial fluid glucose levels at the time of check and can tell you if your glucose levels are rising, falling or stable. FGMs can also give you a report on the daily pattern of your glucose levels.

Pros

- **Does not require** blood sugar (finger prick) calibration

Cons

- Some do not have alarms
- Sensor readings are not automatically synced with the reader. You will need to flash the reader over the sensor to record your glucose readings.