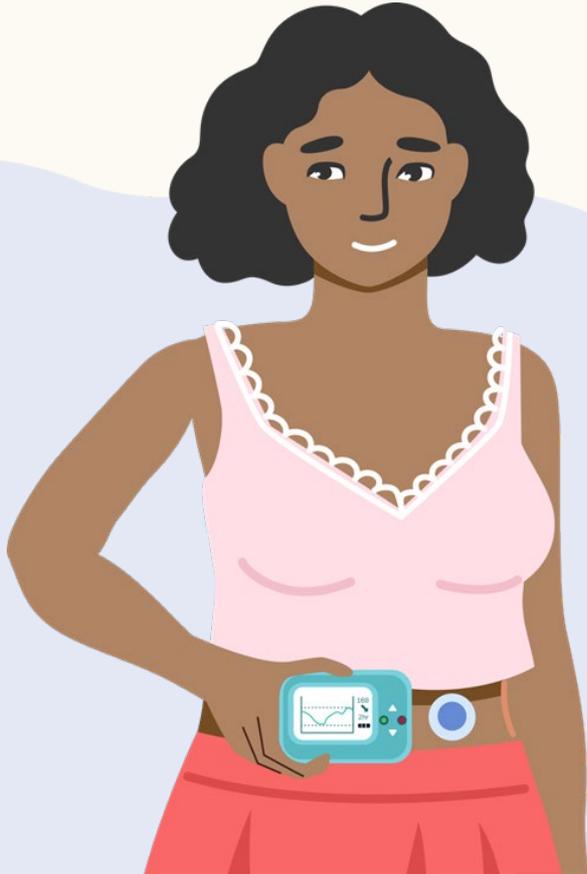


# How to Monitor Blood Sugar



## **Continuous Glucose Monitoring (CGM)**

- It consists of a sensor, a transmitter and a receiver. The sensor typically needs to be replaced every 3 to 7 days. As it collects glucose readings every few minutes, the CGM is able to give you a more complete picture of your glucose profile compared to a blood glucometer.

### **Pros**

- Triggers **alarms if glucose levels are too high or low**

### **Cons**

- **Some types of CGMS need calibration with blood glucose meter** (i.e., will require **finger prick**)