




A Guide to Continuous Glucose Monitors (CGMs)

Many students with diabetes wear CGM devices that reduce (but do not eliminate) the need for checking blood sugar (BG) with a fingerstick. These devices provide more information about BG levels than fingersticks alone. Some can send alerts to the user if their BG is out of range. These devices will be inserted at the student's home, and changed every 7 to 14 days, depending on the device. This guide compares features of the most common CGM devices available for children/youth in Canada.

Last updated: October 2021

	Dexcom G6	Freestyle Libre	Medtronic: Enlite or Guardian 3
			
Transmits continuous data?	Yes	No. Scan to get reading	Yes
Alerts and alarms when out of range?	Yes	Libre 2: Yes Original Libre: No	Yes
Where data is displayed	On a smart device or receiver	Up to 8 hrs of data when scanned with reader or phone.	Medtronic pump
Fingerstick recommended for bolus?	No	No	Yes (or as directed on care plan)
IMPORTANT! Always check blood sugar using a fingerstick with students has symptoms that don't match the reading on a CGM (for example, a student feels low but CGM reading is not low).			