

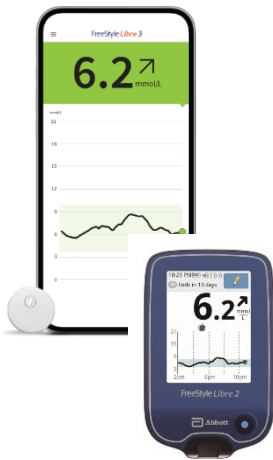
A Guide to Continuous Glucose Monitors (CGMs)

Many students with diabetes wear CGM devices, which continuously measure glucose and reduce the need for checking blood sugar with a fingerstick. These devices continue to provide updates about blood glucose levels, and also display ‘trends,’ showing the direction (up, down, steady) the glucose is headed and where the glucose has been. Sensors also have alarms that can alert the user and other ‘followers’ (via an app) if glucose is outside the target range.

Depending on the device, CGM sensors are inserted every 7, 10, or 14 days, usually to the arm or the abdomen. This guide compares features of CGM devices available for children/youth in Canada.

REMEMBER: If the student’s symptoms do not match the glucose level on the CGM, always check by fingerstick (for example, if a student feels low but CGM reading is not under 4.0 mmol/L). This is because, in certain situations a fingerstick glucose can be more accurate.

Last updated: August 2026

	Dexcom G7	Freestyle Libre 2 or 3	Medtronic: Guardian 4
All CGMs transmit data continuously to a device that shows current glucose reading with predicted trend, as well as past patterns. These photos show the sensor (which is inserted on the student’s body), and how glucose data is typically displayed.			
Where data can be displayed	Smartphone/watch or receiver Tandem Control IQ insulin pump Omnipod 5 insulin pump Ypsomed pump phone app	Smartphone or reader (reader may require scan)	Medtronic insulin pump or smartphone