

How to calibrate a CGM

To properly calibrate my CGM, I need to:

- Wash my hands with soap and water, and check that my test strips have not expired before I measure my capillary blood sugar;
- Immediately enter my capillary blood sugar value into my CGM or insulin pump;
- Follow the number of calibrations per day and the specifics required by my CGM (see the table below).

MEDTRONIC Guardian Connect Guardian Sensor 3	
	Moments when a calibration is needed
Following the insertion of a NEW SENSOR	Twice after the start-up period (2 hrs and 6 hrs)
WHILE the sensor is in use	• Every 12 hours minimum • 3 to 4 times/day are recommended • Preferably not when 2 or 3 arrows are pointing up or down. • Ideally before meals, before administering insulin, or at bedtime.
If I MISSED a calibration	I receive an alert that warns me. My CGM stops taking blood sugar readings if nothing is done.

Adequate calibrations help you to obtain more accurate results.

If your CGM does not appear in the table, that means it does not require any calibration.