



## Porter Medical Associates

### Continuous Glucose Monitoring (CGM)

-Continually measures and stores readings of your sugar levels for up to 14 days.

#### -Before your CGM.

No special preparations are needed. You may eat and go about your normal activities. Please wear a comfortable and loose fitting top exposing the bask area of both arms.

#### -How is the CGM done?

You will pick an arm that will work best for you then the tech will have you stand up straight and they will place the device in the area it will be inserted into, The tech will then push down with a small amount of force until device clicks and sensor is inserted.

#### -Why is the CGM done?

The test will give us data about your sugar levels and how they are trending throughout the day and night over the 14 day period. This will help your Physician personalize your treatment plan.

#### -After your CGM.

You may return to your normal activities after the test except for any swimming activity. The CGM may not be submerged in more than 3 feet of water but you can get it wet and shower as normal.

#### -Does it hurt?

The CGM insertion is safe and quick for most patients. You may feel a small amount of pressure and a quick pinch.

#### -When will you get your test results?

Your physician will discuss the test results with you at your next scheduled office visit. The information gained from the test helps your physician make an accurate diagnosis and develop a treatment plan that's best for you.



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