Welcome to

MESA GLUCOSE

Training!

Field Center Set Up

- Download CGM software onto all computers that will be used to download CGM data

  https://provider.myfreestyle.com/freestyle-libre-pro-resources.html

- Prepare folders on secure servers for data storage

- Ensure staff have a flat and stable place to prepare CGM devices

New Reader Set Up

1. Turn on reader

2. Set date correctly

3. Set time correctly (AM vs PM

4. Set target glucose range as: 8

5. Check that reader is charged

Preparing for CGM Placement

1. Check required items: Alcohol wipe, sensor pack, applicator, adhesive patch, reader

2. Check that reader is charged and has the correct date, time, and glucose range (80-120)

3. Check sensor pack expiration date

4. Put sensor kit serial number in tracking form with participant ID

5. Do you have a solid surface available to prepare the applicator?

6. Wash hands or use hand sanitizer

Check Required Items

Items Required to Start Sensor

Alcohol wipe for skin prep

Adhesive patch

Applicator

Reader

Sensor pack

Other important items to consider

- Please walk the participant through the entire process so there is mutual understanding of what will take place. *We will be asking participants to do this again on their own at home in 2 years.

- Complete the starting checklist of items prior to the participant's visit or mailing.

Choosing a Site for the CGM

- Did you consider which arm is their non-dominant arm? CGM placement is generally preferred on the non-dominant arm.

- Did you ask whether they side sleep on one arm in particular? Exclusively sleeping on the side with the CGM can lead to compression of blood flow around the device and can lead to artificially low readings.

- Did you make sure that the chosen site is reachable by the participant if they will be removing the device themselves?
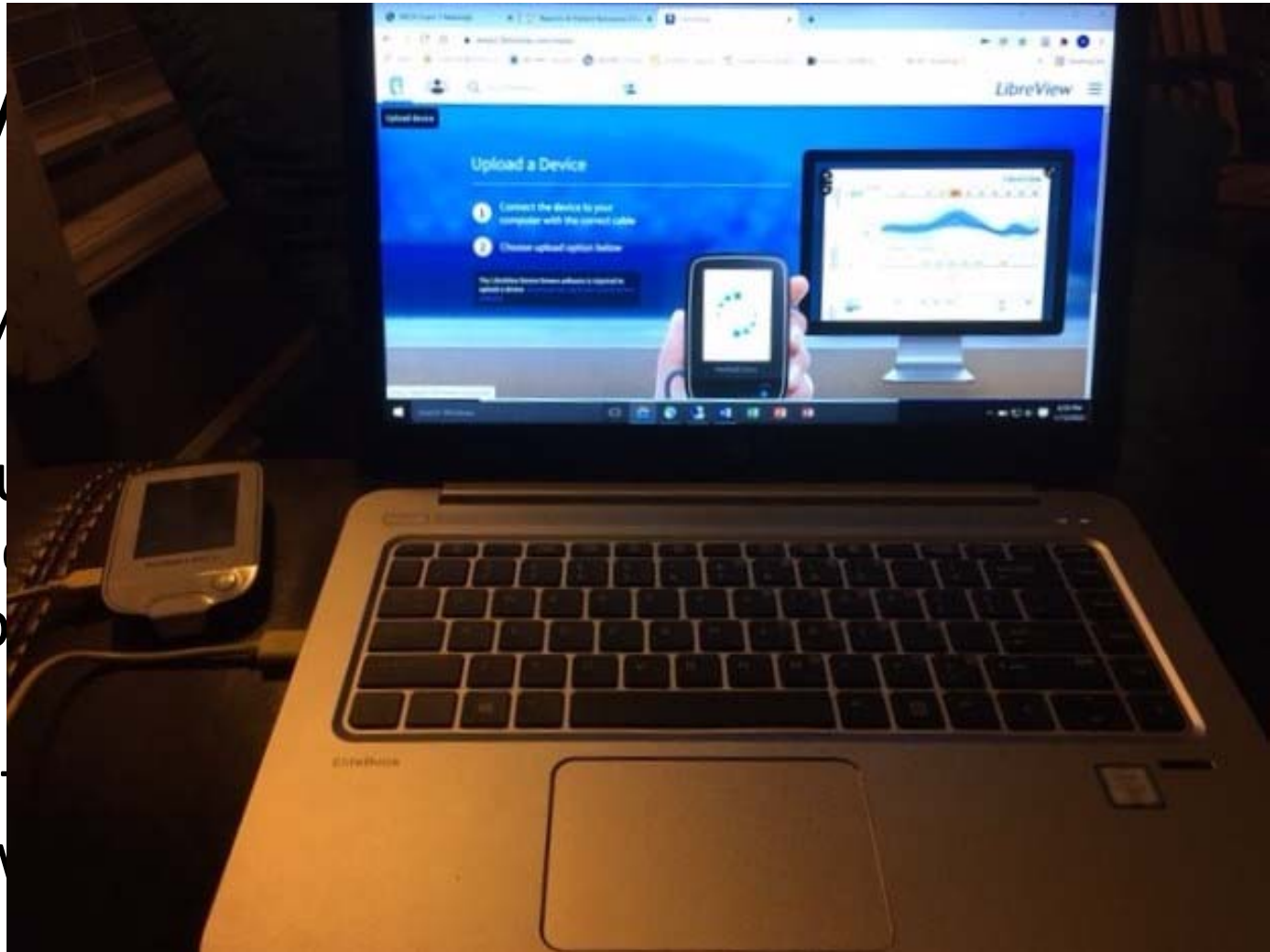
MeSA
GLUCOSE

Placing and Starting the CGM

Refer to the visual guide, checklist, and videos for more detail and examples of how to place the CGMs correctly.

When Receiv

1. Log on to CGM

2. Check that you
   and that the s
   matches the o

3. Record in the
   and/or diary w

4. You do NOT need to remove the sensor from the biohazard bag

MeSA GLUCOSE

When Receiving a Completed CGM

5. Plug reader into computer

6. Turn on reader

7. Put your field site as the "first name"

8. Put MESA Participant ID as the "last name"

When Receiving a Completed CGM

9. Download all reports

10. Download raw data → This is NOT automatic!

11. Place MESA ID label on biohazard bag

12. Double check that all data including raw data are stored with correct MESA participant ID

13. Place sensor in its bag in storage box- *place the MESA ID and date on side & face of box for easy ID during storage

When Receiving a Completed CGM

14. If a reader was returned from the participant, then clean the reader and place it on charge (soft cloth only)

15. If an applicator was returned, then place the applicator into the sharps container

MAKE SURE YOU ARE DISPOSING OF THE APPLICATOR AND **NOT THE SENSOR OR READER!!

Frequently Asked Questions

What does the CGM feel like?

- Most people find wearing a CGM to be easy and painless.

- Many forget that they are wearing it.

- 93.4% of patients reported not feeling the device

What does the CGM feel like?

- The sensor is about the size of a quarter and the filament/thread is the size of a cat's whisker or small bristle from a fine brush. Because the sensor filament is so small and flexible, an applicator is used to apply the sensor to the body.

- The CGM application should be much less noticeable than a finger-stick for blood collection. Once on, the CGM should be something you can forget about. *Most patients have commented the placement of the CGM is painless.

MESA
GLUCOSE

What should participants avoid?

Not much!

Participants can go about their regular daily activities, including showering, bathing, and even swimming.

They will need to remove the sensor if they have an MRI or other similar imaging done.

MesA GLUCOSE

What if the sensor doesn't start?

- Try again by "scanning" the sensor using the TOP of the reader. (The button is on the bottom.)

- Wait 7 minutes and then try to start the sensor again with the reader.

- If it still doesn't start, then remove the first sensor and apply a new sensor.

- You can place the new sensor in the same place on the same arm, but it might be sore and participant may want to switch arms.

MESA
GLUCOSE

What happens if the sensor comes loose?

- The adhesive patch should keep most sensors securely in place for 14 days.

- But, the sensor will automatically shut down if it senses unstable placement.

- If a sensor does fall off, the participant can place it in the provided biohazard bag and then into the prepaid return mailer and send it back to us.

What is it like to remove the CGM?

- Much like removing a Band-Aid, you can remove the sensor by pulling up the edge of the adhesive that keeps the sensor attached to the skin, then slowly peel away from the skin in one motion.

MESA
GLUCOSE