



Guardian CGM Best Practices

Too Many Alarms & Calibration Requests?

- Calibrate **proactively**, not reactively
 - o Calibrate when you wake up (fasting, nothing to eat or drink for at least 8 hours)
 - o Calibrate before lunch
 - o Calibrate before bed
- If your sensor glucose graph shows your sugar actively rising or falling, you may enter your glucose level for correction but *do not* use this reading as a calibration
- If you want a bedtime snack, wait 2-3 hours after dinner for your glucose level to correct
 - o Test your sugar, enter it into the pump, add any carbs you plan to consume, select Yes to calibrate, then consume any snack after your bolus has delivered

Low Blood Sugars After Meals in Auto Mode?

- Enter your carbs 5-15 minutes before your meals
 - o Late carb entries cause auto mode to kick in and start covering your meal from the moment your sugar begins to rise
 - o Late entry causes auto mode + carbs + high sugar to calculate a larger total insulin bolus, resulting in *insulin stacking*, and your blood sugar drops too low after meals
- Forgot to enter your carbs?
 - o If your meal is halfway done, only enter *half* your carbs. Auto mode has already begun to cover the first half.
 - o If your meal is over, enter your blood sugar for correction and skip the carbs. It will take longer to bring your sugar back down but let auto mode finish the work, and you will prevent a low sugar.

Still having problems? Contact the office or your Medtronic rep. If you are connected to the office via CareLink, we will review your report remotely. If not, schedule a time to stop by the office for a download.