

How often should I rotate to a different site?

Your diabetes team will tell you how often to move the sensor from one place to another. Most people need to replace and move, or rotate, the *short term* sensor every 6 to 14 days. There is one *long term* sensor that lasts 90 days.

Sometimes the diabetes team may tell you to rotate the sight more often. They mostly do this if there is any sign the sensor site is not working right. If the sensor falls off before the time to wear it is up, you will need to call the company who makes the sensor to ask for another one.

How do I insert the CGM sensor?

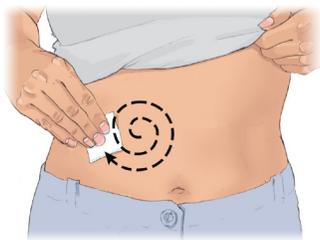
You will learn how to put in the CGM sensors by yourself. This is the case unless you are using the Eversense CGM. Each CGM is a bit different. So you will have to follow your CGM brand instructions. There are videos available at the CGM company websites you can watch.

In general, sensors come with an insertion device that allows you to easily place the sensor. You will have to prepare to insert sensor first.

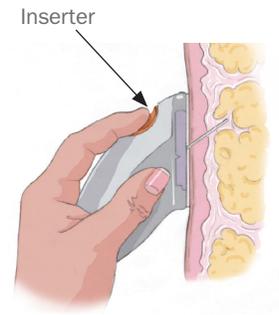
1. Check the sensor to make sure it has not expired.
2. Wash your hands.
3. Follow the instructions on package as to how to peel any covering. There is often a paper cover over the sticky part of the sensor tape. The sticky part will go on the skin.

Here are the basic steps to insert a sensor with 3 piece CGMs:

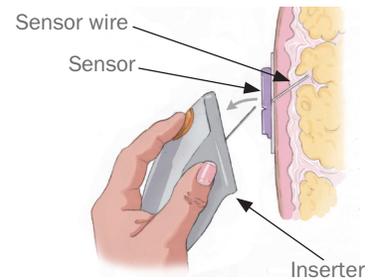
1. Clean your skin.



2. Place the inserter on the skin where you want the sensor to go.
 - a. Make sure it is about 3 inches from pumps sites
 - b. Avoid boney areas like your ribs
 - c. Do not use the same site two times in a row

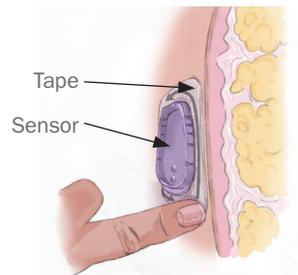


3. Push the button. It will make a popping sound. That lets you know the sensor is being inserted.

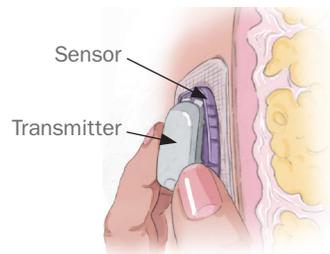


4. Remove the inserter. The sensor will be in place.

5. Press down on the tape around the sensor to make sure it is well stuck to your skin.



6. Attach the transmitter. Again, each CGM is a bit different. But in most cases you will put it on top of the sensor, press down and snap it in place.



7. Some people use what is called over-tape. This is tape that you place over the sensor and transmitter to keep them in place.