

## WHAT IS CALIBRATION

Your MiniMed continuous glucose monitoring (CGM) system uses blood glucose (BG) meter readings to make sure the glucose sensor maintains its accuracy over time. This is called calibration.

## GOOD CALIBRATION PRACTICES

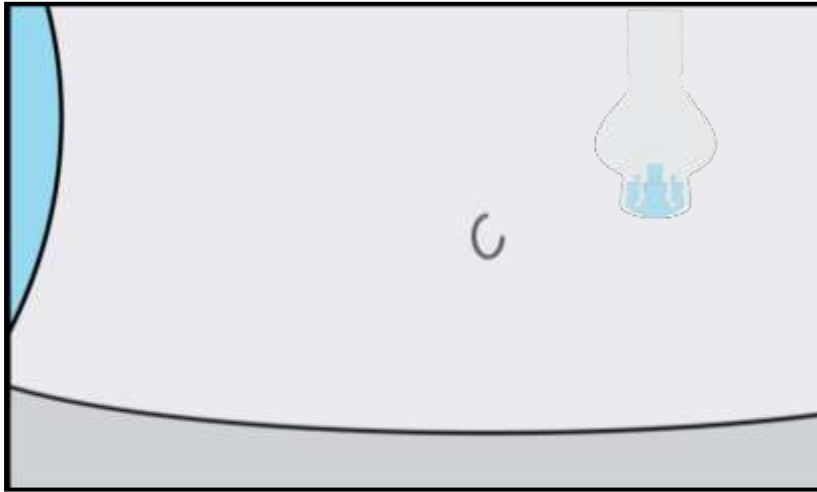
- Enter **and** confirm the use of a BG value as a calibration value **immediately (within seconds), don't wait!** Allow as little time as possible between doing a finger prick glucose test and entering this value into your pump as a calibration. Also do not use old BG values.
- Only use blood glucose/finger prick values as a calibration (avoid using sensor glucose readings as calibrations)
- Avoid doing a calibration when your glucose levels are changing
  - Avoid calibrating after eating, taking insulin and after exercise
  - Avoid calibrating if there are 2 or more arrows on your pump
  - Follow the **"Before is Best"** rule: It is best to calibrate:
    - When there are no or one arrow on pump (but preferably no arrows)
    - Before food
    - Before taking insulin
    - Before exercise
    - Before bed
- Use the same glucometer for doing calibrations
- Don't calibrate below 2.2 and above 22.2 → your pump will not accept a calibration that is not within this range
- Calibrate a minimum of twice a day and calibrate 3 – 4 times a day for best sensor accuracy.
  - Tip: Time your calibrations so you will not have to wake up in the middle of the night. Remember, you can calibrate early! For example, if it's 9pm and you know a calibration will be required by 3am, go ahead and calibrate before bed. This will start the 12 hour calibration clock over.
- If you receive a "Calibration error" or "Calibration not accepted" alert, avoid trying to enter a calibration again immediately. Rather, snooze the alert and wait at least 30 min before trying to calibrate again. Wait at least 2 hours on Day 1 of sensor insertion before trying to calibrate again. Utilise the "Alert Silence" feature if necessary.

## ENHANCED ENLITE INSERTION

- Please see the Quick reference guide for Enhanced Enlite Insertion (also attached)
- You can also watch these videos on Enhanced Enlite Insertion
  - <https://youtu.be/6xDRBAPyrzq>
  - Chapter 1
    - [https://www.youtube.com/watch?v=Wn\\_4DaQa3IE&feature=youtu.be](https://www.youtube.com/watch?v=Wn_4DaQa3IE&feature=youtu.be)
  - Chapter 2
    - <https://www.youtube.com/watch?v=OkZkF8Tp2io&feature=youtu.be>
  - Chapter 3
    - <https://www.youtube.com/watch?v=0ehz9fOA21M&feature=youtu.be>
  - Chapter 4
    - <https://www.youtube.com/watch?v=huePtX3k9ZY&feature=youtu.be>
  - Chapter 5
    - [https://www.youtube.com/watch?v=\\_RmmgaPjDkg&feature=youtu.be](https://www.youtube.com/watch?v=_RmmgaPjDkg&feature=youtu.be)
  - Chapter 6
    - <https://www.youtube.com/watch?v=FJlm4qHN8sq&feature=youtu.be>
  - Chapter 7
    - <https://www.youtube.com/watch?v=cyioUX0LLy8&feature=youtu.be>

## INSERTION BEST PRACTICES

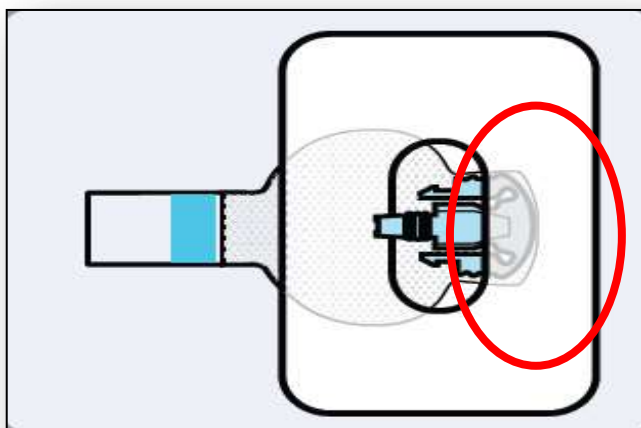
- Reduce irritation due to potential infection of site by **washing your hands**
- Choose insertion site which **limits transmitter motion**; Avoid skin folds and your belt line.
- Be **gentle and light to the touch** when inserting sensor and avoid applying excessive pressure.
- Insert the sensor with a **North-South orientation** (versus an East-West orientation) to maximise signal performance with your pump.



- Avoid any insertion practices that may cause the sensor filament to bend
  - Hold sensor by plastic pedestal (NOT needle housing) when removing from packaging
  - Place sensor on a flat surface and then load serter – do NOT load in mid-air
  - Stabilise sensor by pedestal feet and remove serter at a **90 degree angle** from flat surface
  - Be light to the touch when placing serter on body
  - Press on the nob of the green button on the serter when inserting sensor with first press
  - When removing serter away from body, **HOLD** the nob of the serter, while moving the serter away from the body at a **90 degree angle**
- Remember to stabilise the sensor head when connecting the transmitter
- Be light to the touch when placing adhesive tab onto transmitter after insertion

## TAPING TIPS

- Please see The Enlite Taping Tips guide(also attached)
- Consider the use of skin prep or other liquid adhesives if increased sweating or water exposure is causing decreased sensor life
- Don't forget your first **Enlite overtape** before placing the transmitter, ensuring that the one side of the overtape is **equally** over both **the round part of the sensor and the skin**



- Avoid pulling/stretching of the **sensor adhesive tab** over the transmitter as this could cause pulling out of the sensor.
- Place a **second Enlite overtape perpendicularly** to the first overtape as the last step of insertion. If you are using a solid piece of overtape, avoid covering the whole sensor with the overtape. This may require you to cut a hole in your second overtape to ensure that the **sensor-transmitter connection is kept open**. This is necessary so that the second overtape does not push interstitial fluid away from the sensor and give false readings.
- For extreme sensitivities, try **hydrocolloid skin protector underlayer** (Polyskin, IV3000, Tegaderm, Opsite). Use a senter as a template for the shape of the tape. Cut out a hole for the needle to go through without penetrating the tape. Place senter on top of tape and insert the sensor.



- Reduce friction based irritation or sensitivities to the adhesive by using **Kinesiology tape** for over the transmitter. It can be colorful and fun for kids. Try different tapes to find what works.