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| Title | Continuous Glucose Monitors (CGM) in people with diabetes |
| Status | Approved |
| Version no | Version 2.10 |
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People living with type 1 diabetes (or secondary diabetes managed with basal bolus insulin):

Everyone with type 1 diabetes (or secondary diabetes managed with basal bolus insulin) in BLMK is eligible for CGM on the NHS if recommended by a diabetes specialist. If the person has an insulin pump, consider offering CGM with appropriate connectivity.

Consensus CGM preferred choices (CGM Diabetes Working Group) in people with type 1 diabetes:

| Age | If follow-app functionality is needed: | If follow-app functionality is NOT needed: |
|--------------------|--|--|
| 2-3 years | First line: Dexcom G7 | First line: Dexcom G7 |
| | Second line: Dexcom G6 (only if pump connectivity required) | Second line: Dexcom G6 (only if pump connectivity required) |
| 4-19 years | First line: FSL3 or FSL2 | First line: Dexcom One or FSL3 or FSL2 |
| | Second Line: Dexcom G6 (only if pump connectivity required) | Second Line: Dexcom G6 (only if pump connectivity required) |
| 20 years and above | First line: FSL2 | First line: FSL2 or Dexcom One |
| | Second line: FSL3 | Second line: FSL3 |

People living with type 2 diabetes:

People with type 2 diabetes treated with two or more daily injections of insulin may have CGM prescribed if this has been recommended for an individual by a diabetes specialist multi-disciplinary team (MDT). Any person with Type 2 diabetes who would meet the previous eligibility criteria for isCGM are eligible for CGM. Refer to Appendix 1 for eligibility criteria.

Consensus CGM preferred choices (CGM Diabetes Working Group) in eligible people with type 2 diabetes:

| If follow-app functionality is needed: | If follow-app functionality is NOT needed: |
|--|--|
| First line: FSL2 (NB: People aged < 18 years should be prescribed in line with preferred choices for people with type 1 diabetes – see above) | First line: FSL2 or Dexcom One (NB: People aged < 18 years should be prescribed in line with preferred choices for people with type 1 diabetes – see above) |

People who are pregnant:

People who are pregnant and living with type 1 diabetes (or secondary diabetes managed with basal bolus insulin) in BLMK are eligible for CGM on the NHS if recommended by a diabetes specialist.

People who are pregnant and living with type 2 diabetes treated with 2 or more daily injections of insulin) may have CGM prescribed if this has been recommended for an individual by a diabetes specialist multi-disciplinary team (MDT).

Only devices which are licensed to be used in pregnancy may be prescribed. If the person has an insulin pump, consider offering CGM with appropriate connectivity. At a suitable time after pregnancy, prescribing should revert to guidance for non-pregnant patients, in discussion with the individual.

Consensus CGM preferred choices (CGM Diabetes Working Group) in eligible people who are pregnant:

| Type of Diabetes | Device |
|------------------|--|
| Type 1 | First line: FSL2 |
| | Second line: FSL3 or Dexcom G7 |
| | Third line: Dexcom G6 (only if pump connectivity is required) |
| Type 2 | First line: FSL2 or Dexcom One* |

*Dexcom One does not have follow-app functionality

CGM Devices Licences, Pump Integration, Follow-on App, and Supply route:

| Device | Type | Product license | Licensed in pregnancy | Pump Integration | Follow App | Route |
|----------------------------|-------|-----------------|-----------------------|------------------|------------|-------|
| FreeStyle Libre 2 (FSL2)* | rtCGM | Age 4+ | Yes | No | Yes | FP10 |
| FreeStyle Libre 3 (FSL3) ‡ | rtCGM | Age 4+ | Yes | No | Yes | NHSSC |
| Dexcom G6** | rtCGM | Age 2+ | Yes | Yes | Yes | NHSSC |
| Dexcom G7** | rtCGM | Age 2+ | Yes | No | Yes | NHSSC |
| Dexcom One** | rtCGM | Age 2+ | Yes | No | No | FP10 |

*Device comes with a hand-held reader for patients who do not have a smartphone

**Does not come with reader but can be supplied by manufacturer for small additional cost

‡ No reader is available for this device

Background Information

In March 2022, the National Institute for Health and Care Excellence (NICE) reviewed the evidence and updated recommendations on continuous glucose monitoring (CGM). These updates were reflected in changes to the following NICE guidelines:

- NICE Guideline 17: Type 1 diabetes in adults: diagnosis and management
- NICE Guideline 18: Diabetes (type 1 and type 2) in children and young people: diagnosis and management
- NICE Guideline 28: Type 2 diabetes in adults: management

Continuous Glucose Monitoring (CGM) systems can be categorised into real-time continuous glucose monitoring (rtCGM) or intermittently scanned continuous glucose monitoring (isCGM, commonly referred to as 'flash').

Initiation of CGM devices within the BLMK area is currently only permitted within specialist teams. This guidance outlines the criteria for device selection.

Please note that some devices can be prescribed on FP10 but others are only available via the NHS Supply Chain (NHSSC).

Appendix 1: Previous eligibility criteria for access to isCGM

- Type 1 diabetes OR other form of diabetes on haemodialysis and on insulin treatment with intense monitoring > 8 times a day
- Diabetes associated with cystic fibrosis on insulin treatment
- Type 1 diabetes and pregnant
- Type 1 diabetes with disability that requires carers to support management
- Type 1 diabetes with occupational circumstances
- Type 1 diabetes with psychosocial circumstances
- Type 1 diabetes with recurrent severe hypoglycaemia
- Type 1 diabetes with impaired awareness of hypoglycaemia
- Type 1 diabetes or insulin treated Type 2 diabetes living with a learning disability and recorded on their GP LD register