

4 Steps to Applying a CGM

1. Choose the Location

Follow CGM instructions, talk with your Healthcare Provider

Choose an area with healthy skin

Areas to avoid that bend, get rubbed, or are leaned against

Common areas include back of upper arm, abdomen, upper buttocks

2. Prep the New Site

Make sure the area is clean

Wash your hands with soap and water

Wash the new site with soap and water

Disinfect the new site with alcohol

3. Products to Help the CGM Stick

The struggle to keep a CGM sticking is very normal

Start by following the instructions

Make area is clean and disinfected before application

Consider trying some of the following products

Make your skin sticky with a liquid adhesive

Skin Tac Wipe

Cavilon Barrier Film

Mastisol Liquid Adhesive

Cover your CGM with an adhesive patch

Patches come in many colors and designs

Look for patches that match your specific CGM model

4. Products to Help Remove the CGM

Removing your CGM with an adhesive remover

First try applying an oil, like baby oil or vegetable oil, for 5-10 minutes

If the oil isn't working, try Uni-Solve Wipe, TacAway Wipe, or Uni-Solve Bottle



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