CGM and Flash Monitoring Comparison

CGM Brand	Dexcom G5	Dexcom G6	Medtronic Guardian	Freestyle Libre Flash	Eversense
Calibration required?	Yes	No	Yes	No	Yes
How often should you calibrate?	Every 12 hours	None	Every 12 hours, accuracy improves if 4 times daily	None	Every 10-14 hours
Can you dose insulin off of the sensor reading?	Yes	Yes	No	Yes	Yes
Can you take Tylenol?	No	Yes	No	Yes	Yes, but you can't take tetracyline.
How often should the sensor be changed?	Every 7 days	Every 10 days	Every 7 days	Every 14 days (depending on shipping date)	Every 90 days
How long is the warm-up period?	2 hours	2 hours	2 hours	1 hour	24 hours
Easy to insert?	No	Yes	No	Yes	Requires medical procedure
Alarms and alerts?	Yes	Yes	Yes	No	Yes
Predicts lows?	No	Yes	Yes	No	Yes

Reviewed by Anastasia Albanese O'Neill, PhD, 7/15/19

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

Abbott Freestyle Libre

Dexcom G6

Medtronic Guardian Connect

Senseonics Eversense CGM

Sources

ADA Consumer Guide – CGMs

ADA Consumer Guide – Meters

Product Websites

Abbott Freestyle Libre

Dexcom G6

Medtronic Guardian Connect

Senseonics Eversense