



## **When and How to Return the ARIC Continuous Glucose Monitoring Sensor**

A continuous glucose monitoring sensor was placed on the back of your arm with your permission during your recent ARIC Study visit.



Your CGM sensor was placed on \_\_\_\_\_(date).

ARIC staff will call and remind you to remove and return the CGM Sensor on \_\_\_\_\_(date) in the morning / afternoon (circle one). During this call, staff will also ask you a small number of questions relating to this study.

**Please do not remove the sensor until you have worn it for 14 days.**

After 14 days, remove the sensor and use the mailer kit to return the sensor to the ARIC clinic. Instructions for removal and mailing are below.

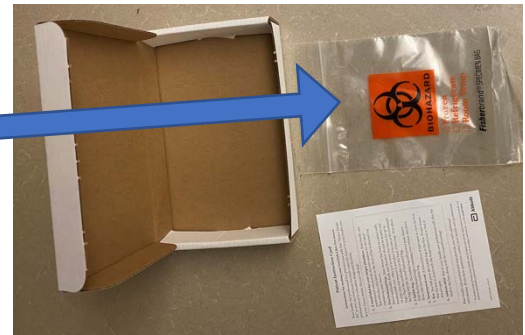
## To remove the sensor



1. Wipe the area around the sensor with the Skin Tac-Away wipe.
2. Pull up the edge of the sensor.
3. Slowly peel away from your skin in one motion.

## To return the sensor

1. Place the sensor in the bag with the orange biohazard symbol.
2. Close the bag by pinching the zip top shut.
3. Place the closed biohazard bag in the padded envelope and close the sticky tape on the top.



4. Place the closed padded envelope in the white box.
5. Close the white box by folding the flap down into the box and secure the box with the tape provided.

6. Drop the closed, taped box into the closest mailbox for return to the ARIC Center.

You may also return to the clinic to have a staff member remove the sensor if you prefer.



## More Information on the Continuous Glucose Monitoring Sensor

### **What you Need to Know**

A continuous glucose monitoring sensor has been placed on the bottom of your upper arm. The sensor continually measures and stores your glucose levels for up to 14 days. After you've worn the sensor for 14 days, we need you to remove the device and place it in the pre-paid mailer to be returned to the ARIC Clinic.

Once the device is returned, we will download the data. If you have told us that you want to receive your results, we will mail you a one-page summary of your results. This summary will tell you about how your sugar trended throughout the day and night during the time you wore the sensor.

### **What You Need to Do**

- Wear the sensor on the back of your upper arm for up to 14 days.
- If you have diabetes and already do self-monitoring of your blood glucose, continue regular blood glucose self-testing per your doctor's recommendation.
- There's no need for you to interact with the sensor. Just go about your daily routine.

### **A Little Extra Care for Special Activities**

- The sensor is comfortable enough to forget it's there.
- Use care to avoid accidentally loosening or removing it, especially when dressing or undressing.

### **Showering, Bathing, and Swimming**

- Your sensor is water resistant and can be worn while bathing, showering, or swimming. Please do not keep it underwater for longer than 30 minutes at a time or take it in water deeper than 3 feet (1 meter).

## **Getting dressed**

- Use care to avoid catching the sensor on clothing while getting dressed.

## **Medical procedures**

- If you have a diathermy (heat or ultrasound wave) treatment, you must remove your sensor prior to the procedure.
- If you need to have this procedure while you are wearing the device, please tell your healthcare provider.

## **Removing the sensor**

- You will receive a call from the ARIC Clinic after 14 days to remind you to remove the sensor and provide instructions for removal if you need them.
- You may also return to the clinic to have a staff member remove the sensor if you prefer.
- Please do not remove the sensor until you have worn it for 14 days.

Removing the sensor is simple. Wipe the area around the sensor with the Skin Tac-Away wipe provided to you at the ARIC visit. Then pull up on the edge of the sensor. Slowly peel the sensor away from your skin in one motion. Follow instructions provided in the pre-paid mailer to return the sensor to the clinic by mail.

Note: Any remaining adhesive residue on the skin can be removed with the wipe that was provided, warm soapy water, baby oil, or isopropyl alcohol.

## **If you have questions, please call the ARIC Clinic:**

[PHONE]

## **Contact us if:**

- Your sensor becomes loose or is removed
- You have irritation or discomfort at the sensor site
- You have any questions about your sensor