Libre

Doctor Discussion Guide

This discussion guide gives you the information you need to speak up, ask questions, and get support.



Before your appointment

When you know what you want to talk about, it can make your time more useful and help you get the care that's best for you.

What to bring

- [ ] This guide (print or have it ready on your device)
- [ ] Glucose logs (if you have them)
- [ ] List of your diabetes-related symptoms and concerns
- [ ] List of medicines you are taking

Goals to consider

It can help to go into your visit with a few clear goals. Think about what you want to improve in your diabetes care. Use the goals below as a starting point, and change them to match what matters most to you.

- [ ] Learn how different foods may help you manage glucose numbers.
- [ ] Have fewer low blood sugar episodes, especially at night.
- [ ] Understand how food, sleep, exercise, or stress can affect your glucose numbers.
- [ ] Share your glucose data with your healthcare provider to help guide your treatment plan.
- [ ] Lower your A1C and keep it steadier.

Important Safety Information

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The content in this guide is not meant to replace conversations with your healthcare provider, be taken as medical advice, and should not limit conversations. Talk to your healthcare provider if you have any questions about the information shared.

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During your appointment

Being prepared can help you get the most out of your time with your healthcare provider. Here are a few tips for talking about CGMs, like FreeStyle Libre systems.

CGM = continuous glucose monitor(ing)

Conversation starters

- I'd like to manage my diabetes without fingersticks*. Could a CGM be right for me?
- I want to better understand my glucose numbers. Could a CGM help me manage my sugar levels?
- I'd like to learn about using a CGM with my insulin pump or smart pen.
- How can CGM work with my insulin routine?
- I want help seeing glucose patterns I might be missing. Could a CGM help?
- I worry about lows at night. Can a CGM show if my numbers drop while I sleep?

Other key questions

- How can CGM help me make more informed food choices?
- How much could I lower my A1C if I started using a CGM?
- If a food makes my sugar go too high, what could I eat instead?
- What CGM data should I look at after I exercise?

Words to know

A1C test[1]: A blood test that shows your average blood sugar level over the past 3 months. It is also called the hemoglobin A1C or HbA1c test.

Hyperglycemia (high blood sugar)[1,2]**:** What happens when blood sugar is over 180 mg/dL 1 to 2 hours after eating. It can cause thirst, frequent urination, tiredness, or blurry vision. If not treated, it can lead to serious health problems.

Hypoglycemia (low blood sugar)[1]**:** What happens when blood sugar is below 70 mg/dL. It can cause shakiness, sweating, hunger, headache, or confusion. If not treated, severe low blood sugar (below 55 mg/dL) can be dangerous.

Insulin[1]**:** A hormone your body makes (or is given as medicine) that helps your body manage blood sugar by allowing it to move from your blood into your cells, where it can be used for energy.

Insulin resistance[3]**:** When your body stops responding well to insulin, and it makes more insulin to try to keep up, but it can't make enough. This causes blood sugar to stay high, which can lead to weight gain, prediabetes, or type 2 diabetes.

Notes

* Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first twelve hours.

References: 1. Centers for Disease Control and Prevention. "DSMES Health Literacy Tool: Plain Language Glossary." Accessed September 2, 2026. https://www.cdc.gov/diabetes-toolkit/php/health-literacy-tool/glossary.html. **2.** American Diabetes Association. "Hyperglycemia (High Blood Glucose)." Accessed September 2, 2026. https://diabetes.org/living-with-diabetes/treatment-care/hyperglycemia. **3.** Centers for Disease Control and Prevention. "About Insulin Resistance and Type 2 Diabetes." Accessed September 2, 2026. https://www.cdc.gov/diabetes/about/insulin-resistance-type-2-diabetes.html.

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