

# Quick guide: Prescribing CGM

## Prescribing Continuous Glucose Monitors (CGM) in Primary Care

### Tips for all CGM Prescriptions:

- Save to long term medicines list to facilitate easy ordering of repeat prescriptions
- Request CGM to be dispensed all at once (no repeats)
- Remind patient to contact the technical support service of the CGM distributor (not the pharmacy) & arrange replacement for any faulty sensors.
- Ensure people are aware they must not have their CGM exposed to X-ray, MRI or CT - This may result in an earlier sensor change for medical procedures.

### Funded CGM Technical support:

- Dexcom CGM - Phone [NZMS/Dexcom](#) 0508 634 103 [Online form](#)
- Freestyle Libre CGM – Phone [Mediray](#) 0800 106 100 option 2

## Stand-alone Continuous Glucose Monitor (CGM)

These CGM are funded for anyone who meets the special authority criteria. They do not work with funded insulin pumps in Aotearoa NZ.

### Item: Dexcom ONE+ (Pharma Code 2679817)

- **Instructions:** One sensor every 10 days - apply to back of upper arm or abdomen
  - Consider adding “contact NZMS 0508 634 103 or visit NZ website for online form for technical support”
- **Mitte:** 9 sensors / 3 months supply
  - Device allowance: Maximum 9 sensors per prescription and maximum of 40 devices per year - Allows for up to an extra 4 sensors per year on top of 3 monthly supply (separate prescription required)
    - [Pharmac Community Schedule](#)

### Item: Freestyle Libre 2 PLUS (Pharma Code 2701839)

- **Instructions:** One sensor every 15 days - apply to back of upper arm
  - Consider adding “Contact Mediray 0800 106 100 opt 2 for technical support”
- **Mitte:** 6 sensors / 3 months supply
  - Device allowance: Maximum 6 sensors per prescription and maximum of 28 devices per year - Allows for up to an extra 4 sensors per year on top of 3 monthly supply (separate prescription required)
    - [Pharmac Community Schedule](#)

## Interoperable Continuous Glucose Monitor (CGM)

These CGM are funded with Special Authority on the basis that the person would benefit from an insulin pump with Automated Insulin Delivery (AID). These CGM are able to be used with the funded insulin pump options in Aotearoa NZ.

In some instances, particularly with children, you may see their specialist team has completed a special authority for them to use an interoperable CGM without an insulin pump as they offer additional alarms. Freestyle Libre 3 plus cannot be used as a stand-alone CGM, but Dexcom G6 and Dexcom G7 can.

### Item: Dexcom G6 (Pharma Code 2679795)

- **Instructions:** One sensor every 10 days - apply to back of upper arm or abdomen for use with insulin pump Will be discontinued mid-2026
  - Consider adding “contact NZMS 0508 634 103 or visit NZ website for online form for technical support”
- **Mitte:** 1 pack / 3 months supply (9 sensors + 1 transmitter)
  - Device allowance: Maximum 1 pack per prescription and maximum of 5 packs per year - allows for up to a extra 1 pack (9 sensors & 1 transmitter) per year on top of three monthly supply (separate prescription required)
    - [Pharmac Community Schedule](#)

### Item: Dexcom G7 (Pharma Code 2679809)

- **Instructions:** One sensor every 10 days - apply to back of upper arm or abdomen
  - Consider adding “contact NZMS 0508 634 103 or visit NZ website for online form for technical support”
- **Mitte:** 9 sensors / 3 months supply - 9 sensors max per prescription
  - Device allowance: Maximum 9 sensors per prescription and maximum of 40 devices per year - allows for up to an extra 4 sensors per year on top of three monthly supply (separate prescription required)
    - [Pharmac Community Schedule](#)

### Item: Freestyle Libre 3 PLUS (Pharma Code 2691655)

- **Instructions:** One sensor every 15 days - apply to back of upper arm for use with insulin pump
  - Consider adding “Contact Mediray 0800 106 100 opt 2 for technical support”
- **Mitte:** 6 sensors / 3 months supply
  - Device allowance: Maximum 6 sensors per prescription and maximum of 28 devices per year - allows for up to an extra 4 sensors per year on top of three monthly supply (separate prescription required)
    - [Pharmac Community Schedule](#)