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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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St. Peter's Hospital
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KT16 0PZ.
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Putting you in control: Downloading your data

Diabetes Department

How to download and share your data from:

- FreeStyle Libre
- Blood Glucose Meters
- Insulin Pumps
- Dexcom CGM

Useful websites

<https://carelink.minimed.eu/app/login>

<https://www.diasend.com/>

<https://clarity.dexcom.eu/>

<https://www.freestylelibre.co.uk/libre/products/libreview.html>

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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GDPR Permissions

Review permissions in order to ensure your team will be able to view your data if necessary.

1. Select "Profile" in the Dexcom mobile application at
2. Select "Manage consent"
3. Select the relevant boxes

Can't get your downloads working?

Contact the customer helpline of the company that manufactures your device.

If you need sign posting, please contact:
asp-tr.smc.admin@nhs.net

You have the technology

The availability of FreeStyle Libre, blood glucose meters, insulin pumps and Dexcom Continuous Glucose Monitors (CGM) are all tools that can help you to get the best possible control. Making the most of the equipment available to manage your diabetes can help to improve your quality of life by:

- Enabling you to be proactive with your diabetes care
- Reducing the risk of diabetes associated health conditions and
- Reducing the challenges of living with diabetes

Ashford and St Peters (ASPH) NHS Foundation Trust want to make this as easy as possible for you.

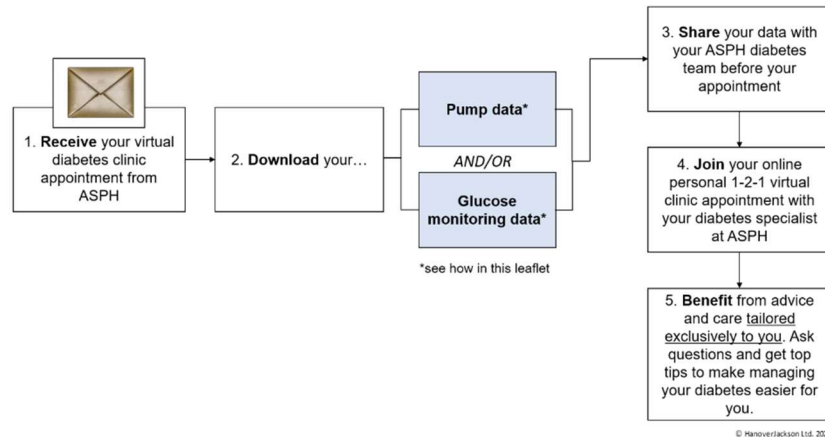
Putting YOU in control of your diabetes

ASPH are moving towards offering more virtual clinics (by video or telephone calls) in future to:

- save you time and money
- reduce time off from work
- provide you with a more relaxed environment with comfortable surroundings
- reduce environmental impact and onsite parking issues
- enable the ASPH team to focus on delivering more patient care

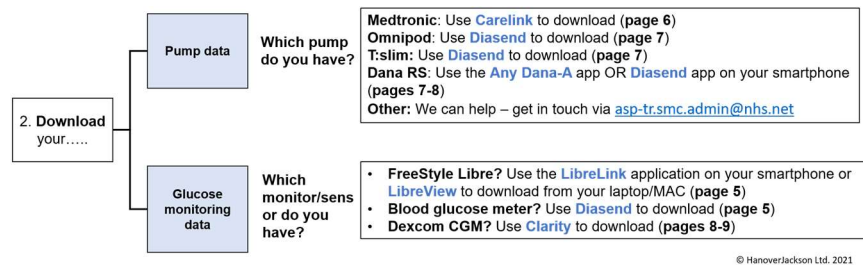
The ASPH Team is ready to give you their best support to ensure everything is set up and running to achieve that. All they need is to see your data in good time before your clinic appointments.

How does it work?



Where to download

Use the diagram below to find your device and the relevant platform to download your data



Dexcom - Continuous Glucose Monitors (CGM)

Dexcom CGM via Clarity

Please refer to Preparing for your Clinic Appointment:

https://mcusercontent.com/3e5a7a7a587ec76c1a72409a8/files/ab707c2c-e534-4dbf-9dc3-37c9687e4dd5/LBL019519_Patient_Guide_Final.pdf :

Sharing your data with ASPH clinic via Dexcom Clarity

Your clinic will provide you with a sharing code. Make a note of this code and link with using either of the following:

Dexcom Clarity mobile app

1. Log into the Dexcom Clarity app with your Dexcom login.
2. Tap Profile > Authorize and follow instructions

Dexcom Clarity website

1. Log into Dexcom clarity <https://clarity.dexcom.eu/share>
2. Follow the onscreen instructions to enter the sharing code provided by the clinic and verify your date of birth

Sharing your data with your ASPH clinic via Diasend

Enter the following Clinic ID: **81-42557** under Account Admin in Diasend and select the green update button next to “Share Data”.

Downloading your Dana RS

1. Using the Diasend mobile application

Refer to: “Using the Diasend mobile application” and “mobile app tutorial” above. Enter the clinic code **81-42557** to share your data with ASPH.

2. Using Any Dana A smartphone application

1. Connect the pump to your smartphone as usual for smartphone control.
2. Select ‘review ‘in the smartphone application to collect all history to ensure your data is ready to export.
3. Using the box/arrow on the top right corner of the application screen, select how you would like to share the xls file which has now been generated e.g. email.
4. Email data to yourself. This can also be forwarded to your ASPH Diabetes Care Team.

FreeStyle Libre

FreeStyle Libre via LibreView

1. Go to <https://pat.libreview.io/articles/link-your-account>
2. To link with Ashford & St Peter’s Clinic, enter the following Clinic ID: **12322066** under LibreView in “Connected Apps”

Blood Glucose Meters

All via Diasend

1. Refer to page 4 of the link below and find the page number of your device under the relevant manufacturer:
 - Abbott: Freestyle and Optium meters
 - Agamatrix: WaveSense Jazz
 - i-Sens: CareSens meters
 - Roche: Accu-Check meters
 - LifeScan: One Touch meters
 - Sanofi: Star meters

https://docs.diasend.com/docs/IFU/uploader/A2035v2%20FU_GB_diasend-uploader.pdf

2. Refer to pages 5-7 of the same link for instructions on how to create a Diasend account. If you already have a Diasend account, login with your username and password.

3. See page 8 of the link above for instructions on linking with St Peter's hospital clinic using the following Clinic ID: **81-42557**

Insulin Pumps

Downloading your data via CareLink

1. Link to access CareLink Personal software:
<https://carelink.minimed.eu/app/login>
2. CareLink Personal Guide – video showing how to register for a patient account
<https://www.youtube.com/embed/Vjk34n8N1OY>
3. CareLink Personal – video showing how to upload pump data using the CareLink Uploader:
<https://www.youtube.com/watch?v=F4KKOkChKSo>

Sharing your data with your ASPH clinic via CareLink

1. **With username:**

We will need your username to send you an email through CareLink where you will need to grant the Diabetes clinic permission to connect with your account. Please send your username to:

asp-tr.smc.admin@nhs.net

2. **With username and password:**

In order to enable health care professionals to review your pump download without connecting to the Diabetes clinic, you would need to give the health professional permission to login with your username and password each time to review your pump downloads.

Downloading your data via Diasend

1. **Installing Diasend using your Mac/Laptop/PC:**

Refer to:

<https://support.diasend.com/hc/en-us/articles/212542905-How-to-install-and-start-using-the-diasend-Uploader-software>

2. **Using the Diasend mobile application:**

Refer to:

https://docs.diasend.com/docs/quickguides/mobile/D0422v2_QG_EN_diasend_mobile_uploading.pdf

3. **Mobile app tutorial:**

Refer to:

https://www.youtube.com/watch?v=U6qyYTUD_00&t

4. **For Omnipod DASH:**

Use the charging cable to download. The Personal Diabetes Manager (PDM) must be on and the PIN input.

5. **For T:slim:**

Use the charging cable to download.