2GO-CGM

CLINICAL TRIAL SUMMARY

Presenters	University of Otago
Objectives	To assess the efficacy and safety of real-time continuous glucose monitoring (rtCGM) use in adults with insulin-requiring type 2 diabetes.

https://anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12621000889853

TRIAL DESIGN

Randomized One-way Crossover ‘Waitlist-controlled' Trial

SAMPLE SIZE

Sixty-seven participants

INCLUSION CRITERIA

- Type 2 diabetes
- HbA1c >8.0%
- Minimum daily insulin requirement of greater than or equal to 0.2 units insulin/kg/day, for at least 3 months before enrolment
- Aged 16 years and above
- Be willing and able to conform to the study protocol

METHODOLOGY

- The study was a 26-week randomized one-way crossover, waitlist-controlled trial compared real-time continuous glucose monitoring with self-monitoring of blood glucose (SMBG).
- Participants first completed 2 weeks of SMBG, then were randomized to either 12 weeks of SMBG followed by 12 weeks of rtCGM (Group A), or 24 weeks of rtCGM (Group B).
- A time-adjusted within-subject analysis was used to evaluate the overall treatment effect of rtCGM versus SMBG.

RESULTS

Sixty-seven participants were randomized to Group A or B and included in the analysis (53% Indigenous Māori, 57% female, median age 53 years [range 16–69]).

Use of rtCGM led to a 15% higher baseline-adjusted mean time in range (3.9–10.0 mmol/L) compared to SMBG (95% CI: 10–20; $p < 0.001$).

No significant difference in HbA1c was observed between rtCGM and SMBG (mean difference: –3.4 mmol/mol [–0.31%], 95% CI: –9.4 to 2.7 mmol/mol [–0.86% to 0.24%], $p = 0.27$).

One participant withdrew in phase 2 due to skin reactions. No severe hypoglycemia or ketoacidosis events reported.

CONCLUSION

Use of rtCGM showed safe and sustained improvements in glycemic control during the first 26 weeks of the 2GO-CGM study in individuals with insulin-requiring type 2 diabetes.

Lever CS, Williman JA, Boucsein A, et al. Extended use of real-time continuous glucose monitoring in adults with insulin-requiring type 2 diabetes: Results from the first 26 weeks of the 2GO-CGM trial. *Diabet Med*. 2025;42(5):e70025. doi:10.1111/dme.70025