

DIABETES MELLITUS TYPE I OR TYPE II - INSULIN TREATED CGM OPTION

A.

PILOT INFORMATION - INITIAL CERTIFICATION

(Updated 08/30/2023)

If you are a PILOT:

1. See your treating physician and get healthy.
2. Do not fly, in accordance with 14 CFR 61.53, until you have an Authorization from the FAA. Find an Aviation Medical Examiner (AME) to work with you through the FAA process:
 - Establish care and obtain an evaluation with a **board-certified endocrinologist**. (See [Item #1 – ITDM Initial Certificate Consideration Requirements](#))
 - Select, in conjunction with your board-certified endocrinologist, an appropriate Continuous Glucose Monitor (CGM) device that meets all FAA monitoring criteria. (See [“Item # 3 - Continuous Glucose Monitor Data”](#) of the ITDM Initial Certificate Consideration Requirements).
 - Collect a **minimum of 6 months** of CGM data.
 - Separate the data by month (e.g., Jan. 1-31, Feb. 1-28, March 1-31, etc.).
 - Review the [CGM Data - Report Examples](#). Verify you provide the correct report views based on the type of CGM device used.
 - Verify your CGM report identifies the percentage of time spent with glucose:
 - Less than 54 mg/dL;
 - Less than 70 mg/dL;
 - Between 70 and 180 mg/dL;
 - Above 180 mg/dL; and
 - Above 250 mg/dL
 - Obtain initial lab battery and submit copies of A1C from at least **past 12 months**.
 - Obtain an eye evaluation from a **board-certified ophthalmologist** (M.D. or D.O.). Exam by an optometrist (OD) is **NOT** acceptable.
 - Obtain a cardiac evaluation from a **board-certified cardiologist**. Must be a physician, (M.D. or D.O), not a mid-level practitioner.
 - Obtain an ECG.
 - Undergo a Stress Test Bruce Protocol (if age 40 or older).
3. When you have accomplished ALL of the above:
 - Take to your AME all of the above items and **any other information on any other condition(s)** that may require a Special Issuance
 - See your AME and complete a new 8500-8 exam
 - The AME is not authorized to issue an initial medical certificate and must transmit the application and physical examination as DEFERRED
 - The AME may assist with uploading the documents (See [uploading guidance](#).)

IMPORTANT NOTE:

While your exam is under review: **Continue to submit your endocrinologist report and monthly CGM printouts EVERY 3 MONTHS**. This will ensure the FAA has the most current information. If current information is not submitted, the FAA will then have to requested it, which will delay the certification review.