

DexcomG7

Getting Started

This is abbreviated instruction. For detailed, step-by-step instructions on how to use the Dexcom G7 Continuous Glucose Monitoring (CGM) System, please refer to the instructions for use.
Screens are representational only. Your product may look different.

Welcome!

Today we will cover:

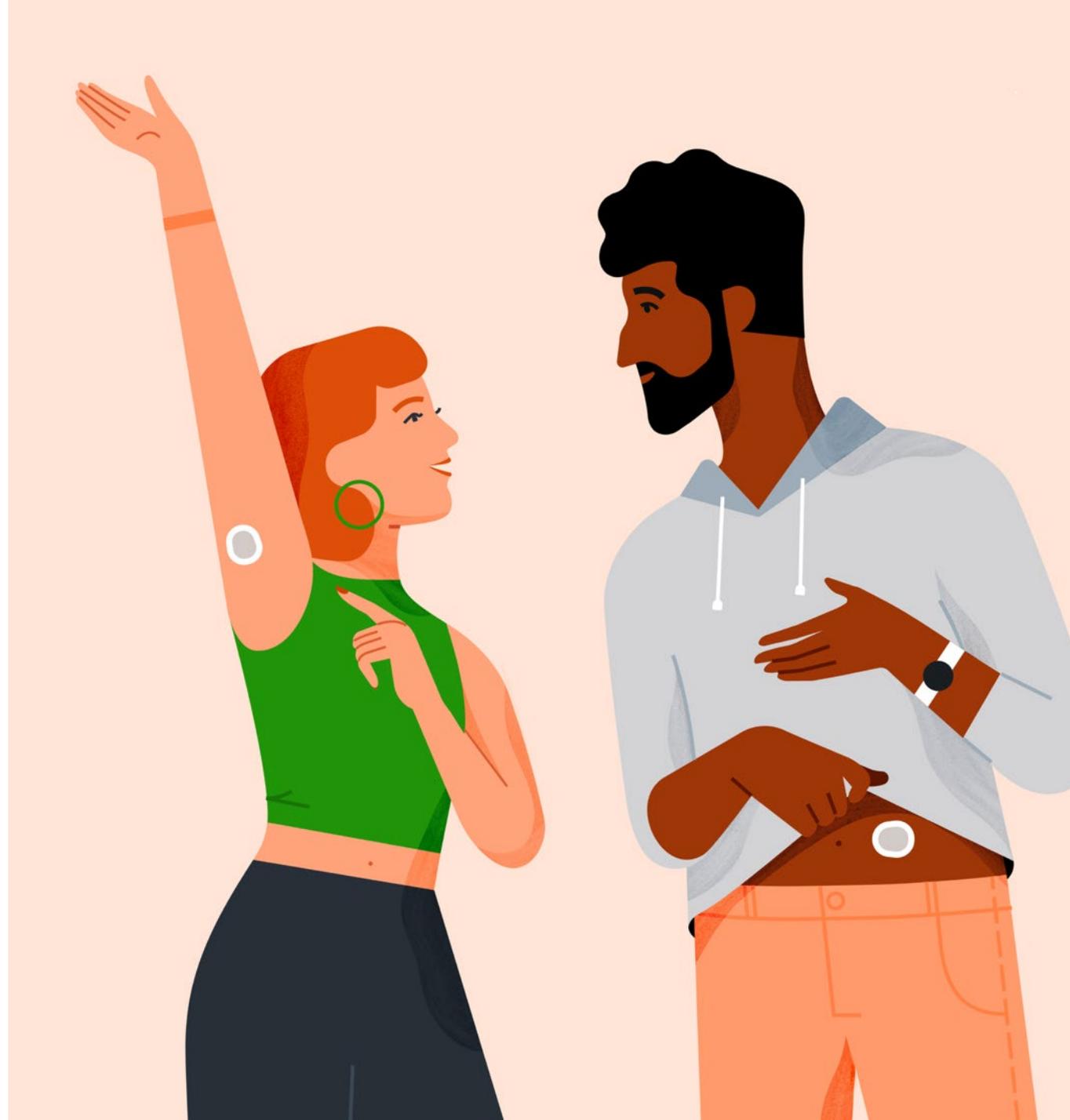
- Setting expectations
- Setting up your receiver
- Inserting your sensor
- Receiver features
- Alerts
- Removing your sensor
- Treatment decisions
- And more



Value of Dexcom G7

- Real time glucose readings up to every 5 minutes
- Can help you identify trends and patterns
- Can help you take action to avoid high or low glucose
- No fingersticks needed to make diabetes treatment decisions*

*If your glucose alerts and readings from the G7 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.



Setting Expectations

Two different types of body fluids:
interstitial fluid (Dexcom G7) and blood
(meter).

Readings can be different and still be
considered accurate.





Dexcom G7 Receiver

- Shows glucose information
- Rechargeable using supplied USB cable

Applicator with built-in Sensor

- Applicator inserts the sensor under your skin
- Sensor gets glucose information
- Wear sensor for up to 10 days
- Sensor sends glucose information to the receiver

Receiver Navigation

The receiver screen tells you which button to use.

To scroll faster hold down the **Scroll** button.

To move to next field, use the **Select** button.



Turn Receiver On

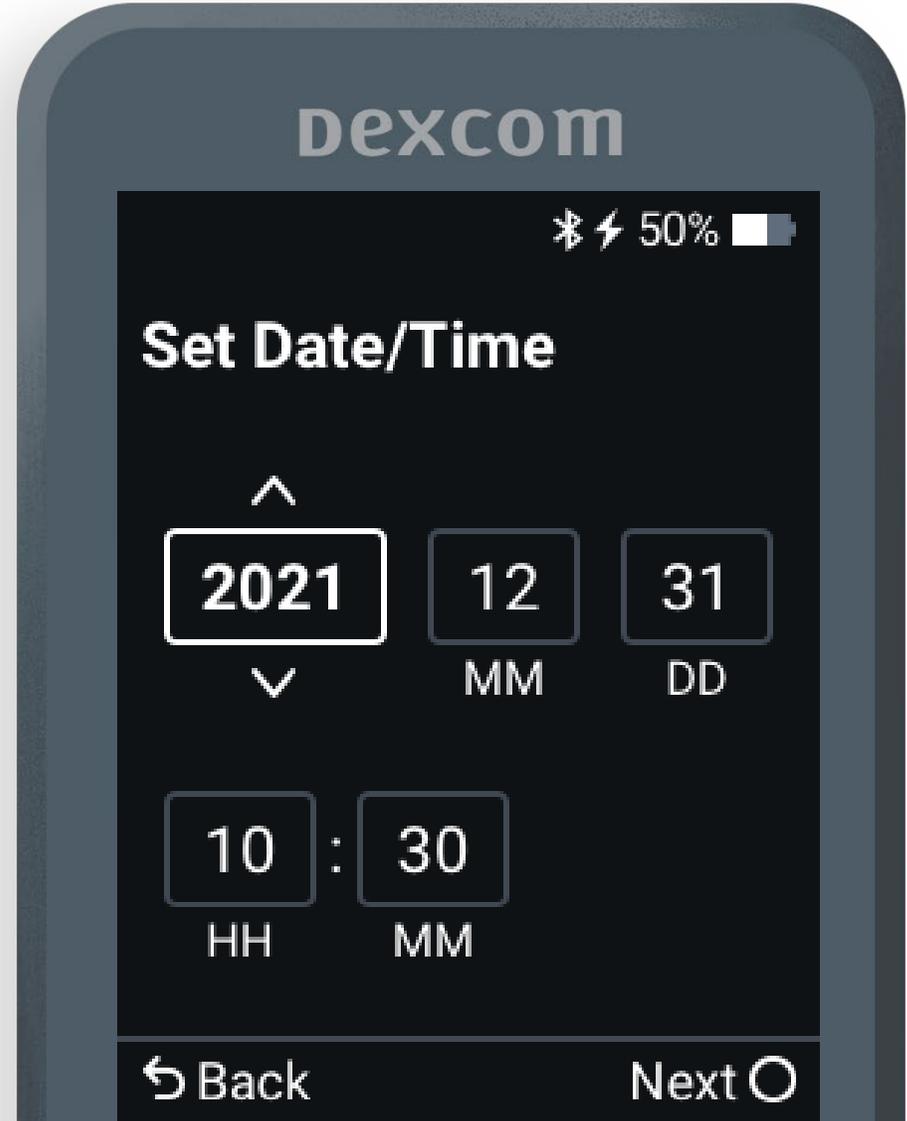
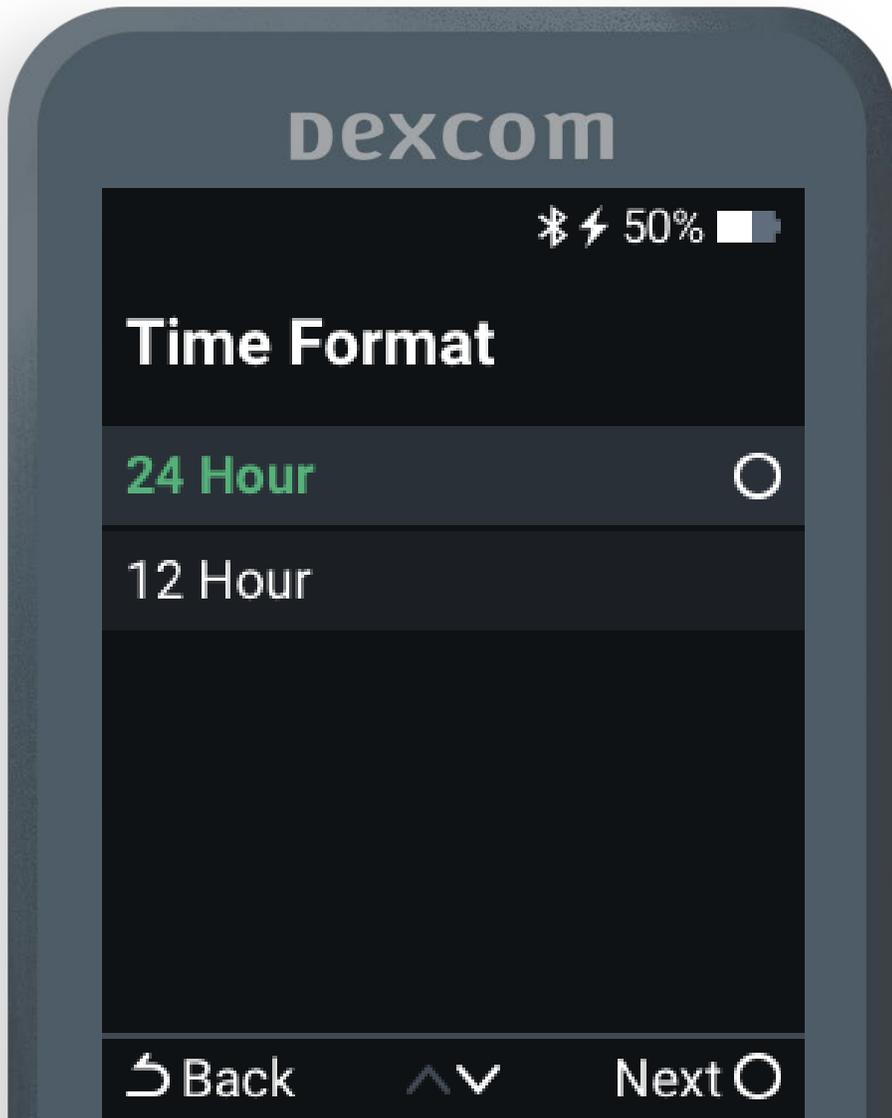
To turn the receiver on press and hold the **Select** button for 3-5 seconds.



Select



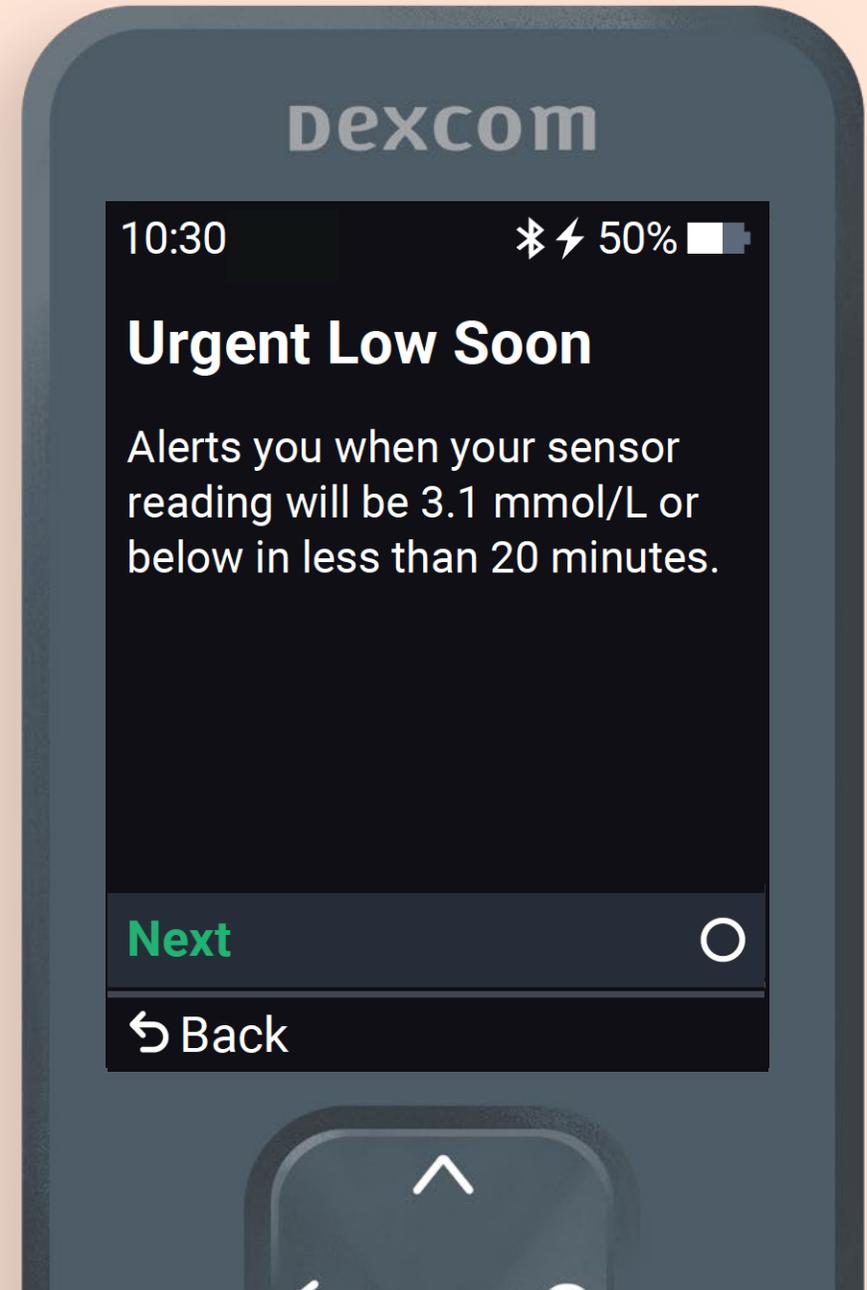
Time and Date



Information Screens

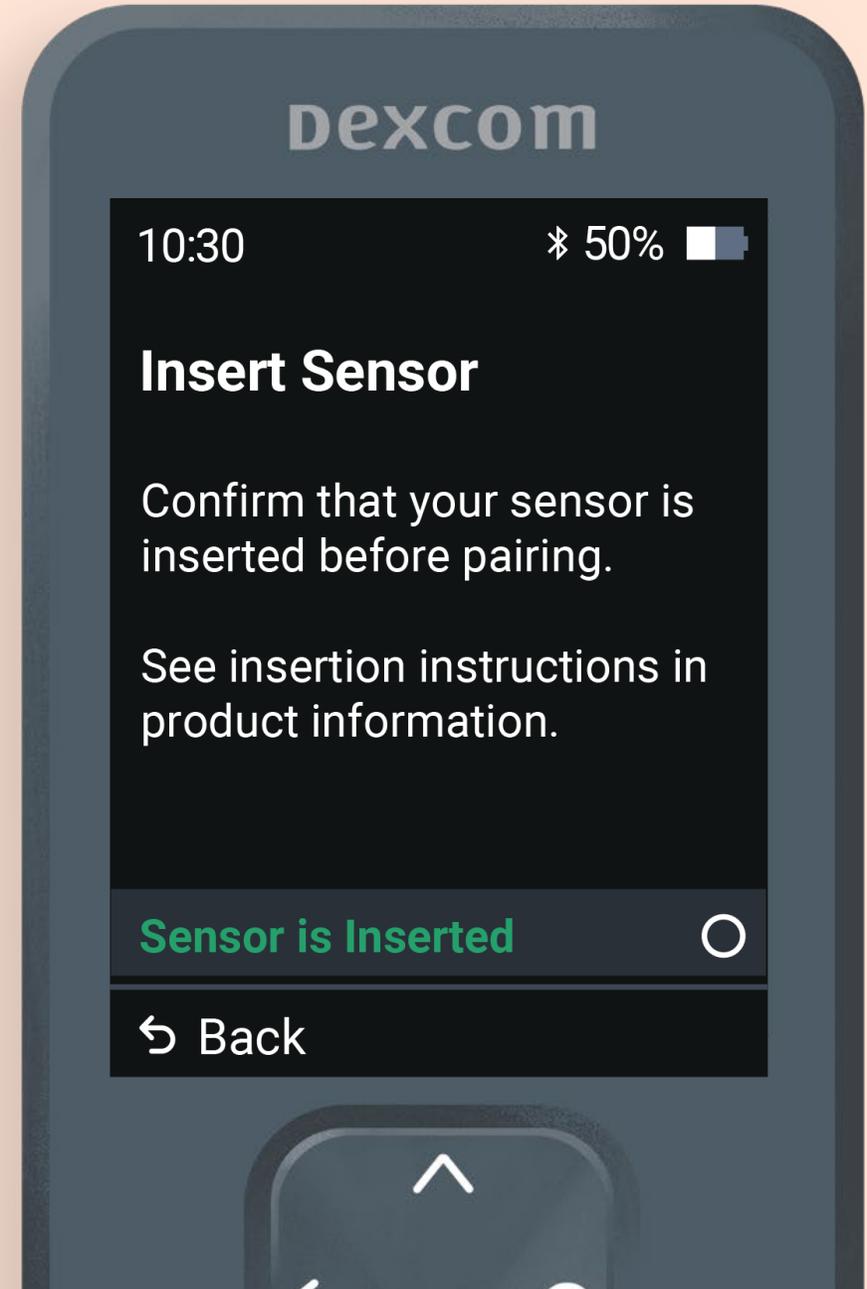
The receiver will walk you through a series of screens on:

- Safety
- Treatment decisions
- Trend arrows
- Alerts
- Reading the home screen
- Urgent Low
- Urgent Low Soon

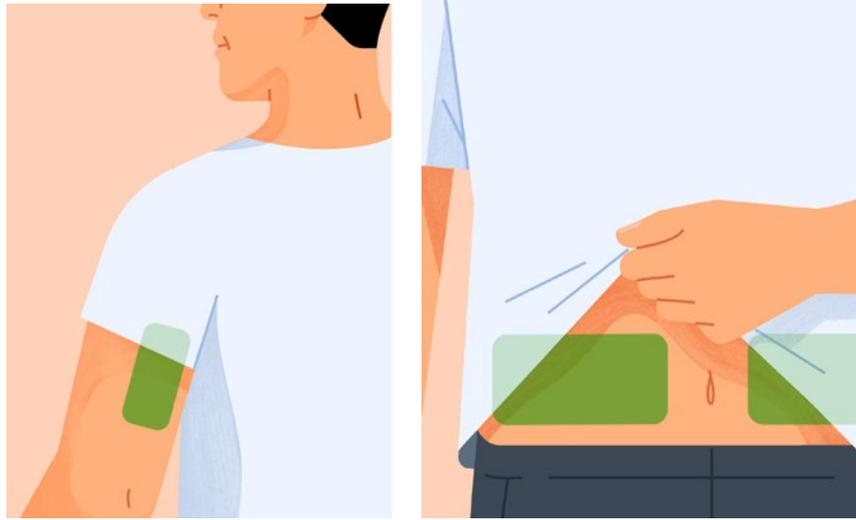


Insert Sensor

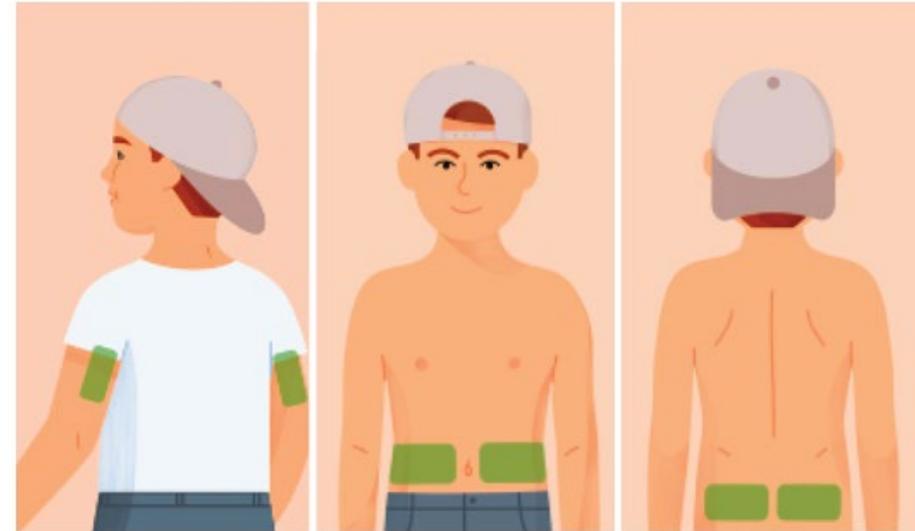
When prompted, insert the sensor.



Sensor Insertion Sites



Age 7 years and older: Use back of upper arm or abdomen



Age 24 months - 6 years: Use back of upper arm, abdomen, or upper buttocks

Avoid areas:

- With loose skin or without enough fat to avoid muscles and bones
- That get bumped, pushed, or you lie on while sleeping
- Within 8 centimeters of infusion or injection site
- Near waistband or with irritations, scarring, tattoos, or lots of hair

Insert Sensor



Wash hands with soap and water. Dry.



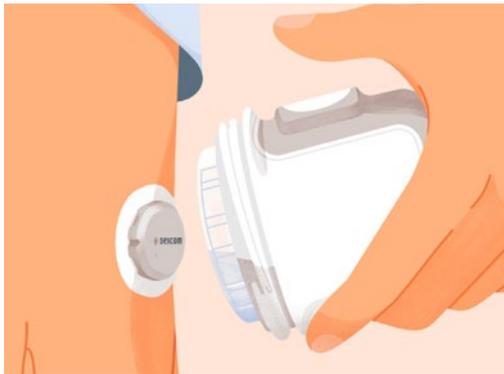
Rub site with an alcohol wipe. Wait until dry.



Unscrew cap. Don't touch inside applicator.



Press and hold applicator firmly against skin and then push button.



Remove applicator.



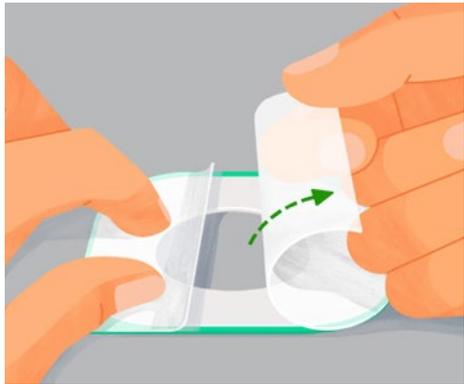
Rub firmly around patch 3 times.



Gently press on top of sensor for 10 seconds.

Overpatch

The overpatch helps keep the sensor on. Find the overpatch bundled with the instructions in the sensor box.



Carefully pull off both clear liners, one at a time. Don't touch white adhesive area.



Use colored tab to place overpatch around sensor.



Rub around overpatch.



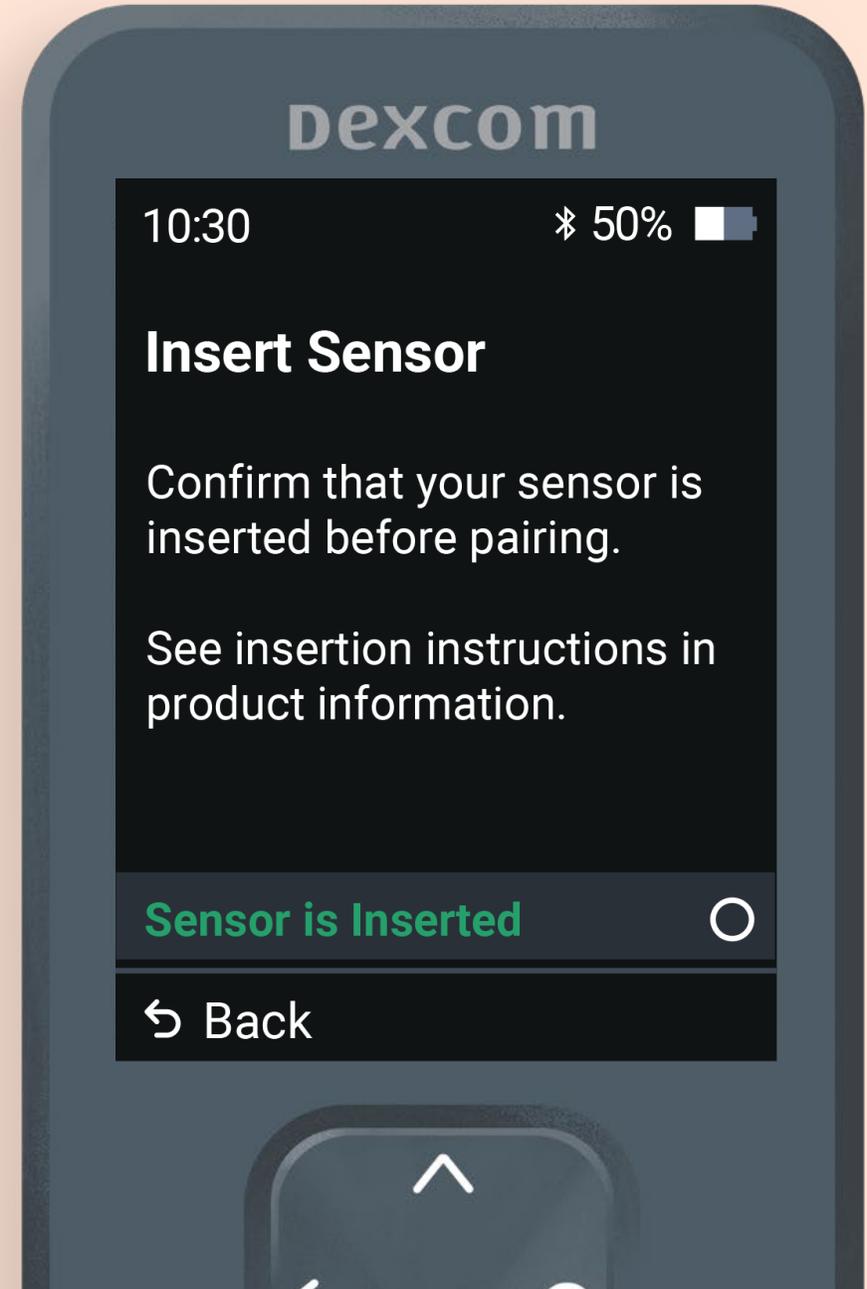
Use tab to peel off colored liner.



Rub around overpatch.

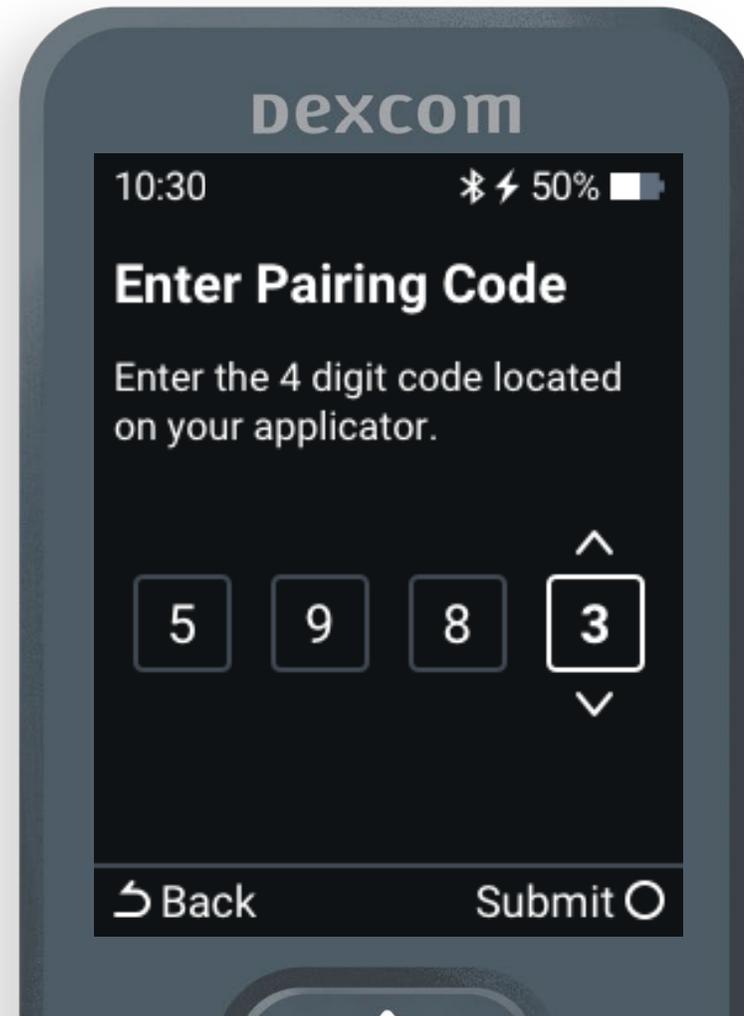
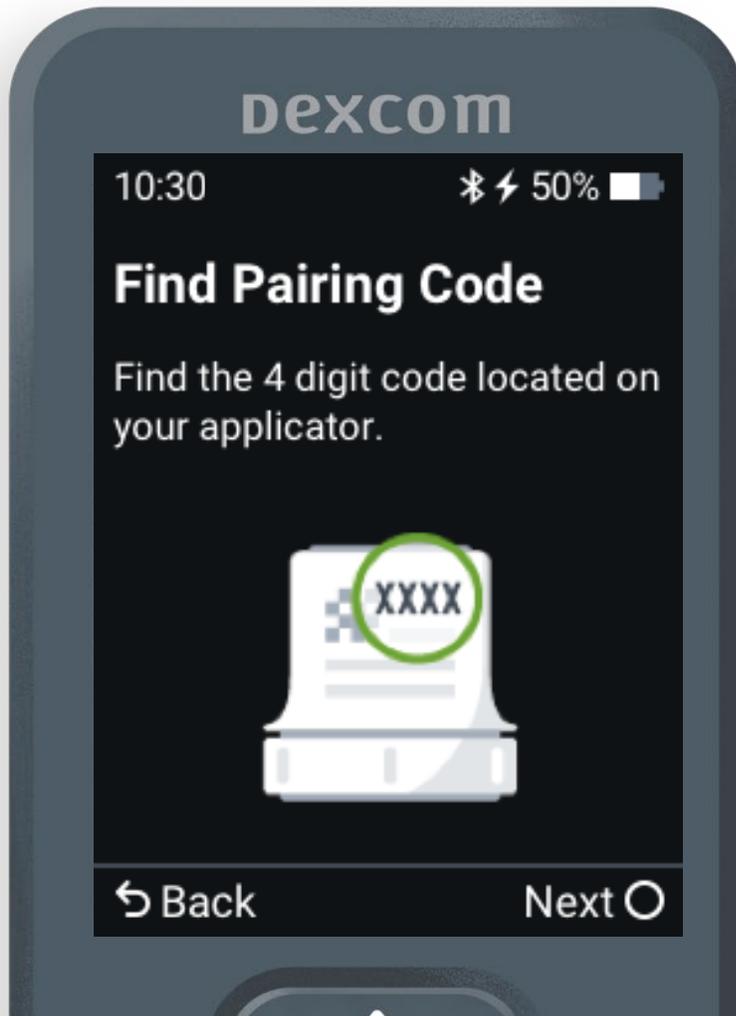
Confirm Sensor Insertion

Back on the receiver select Sensor is Inserted.



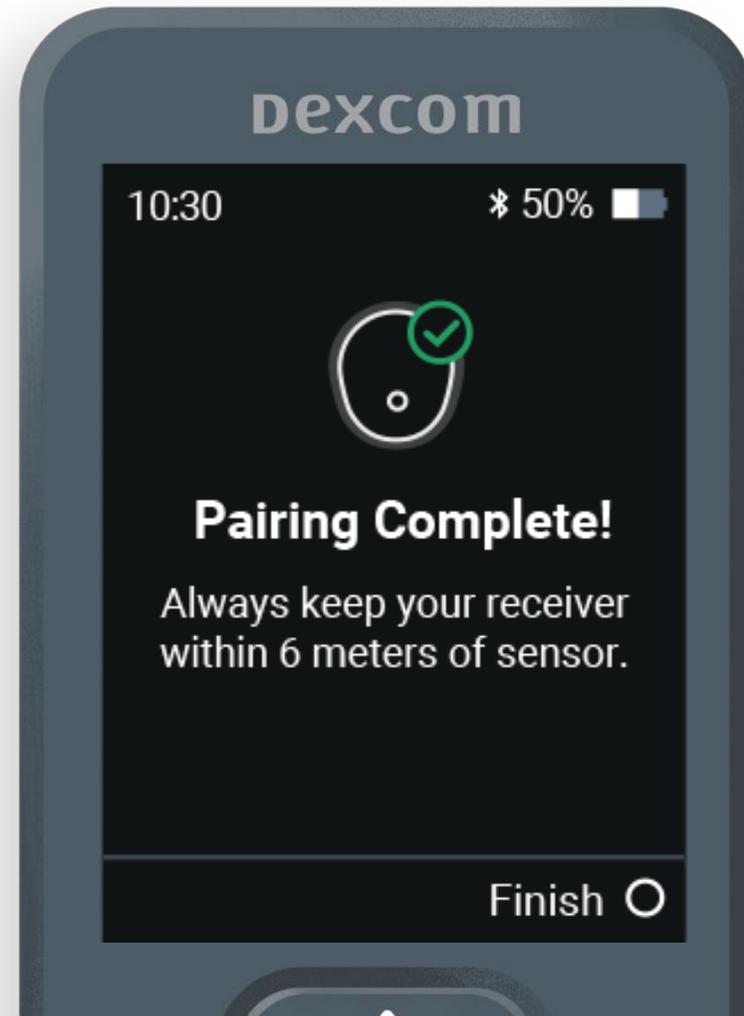
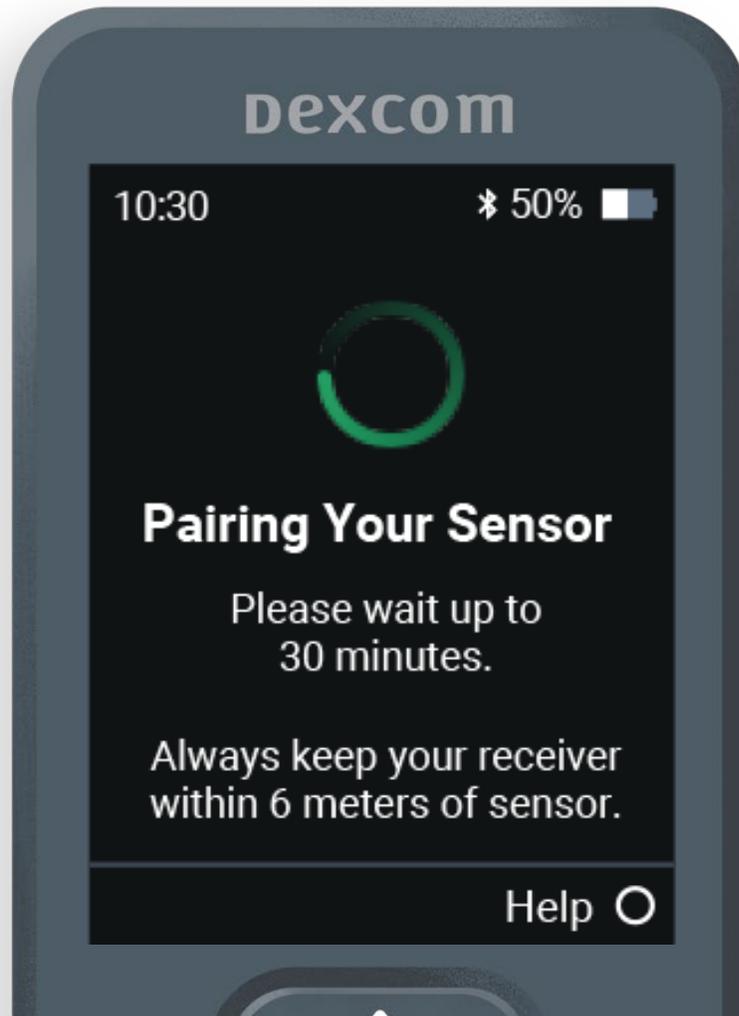
Enter Pairing Code

When prompted, enter the pairing code. The 4 digit code is found on the applicator.



Pairing

Then wait for the sensor to pair.

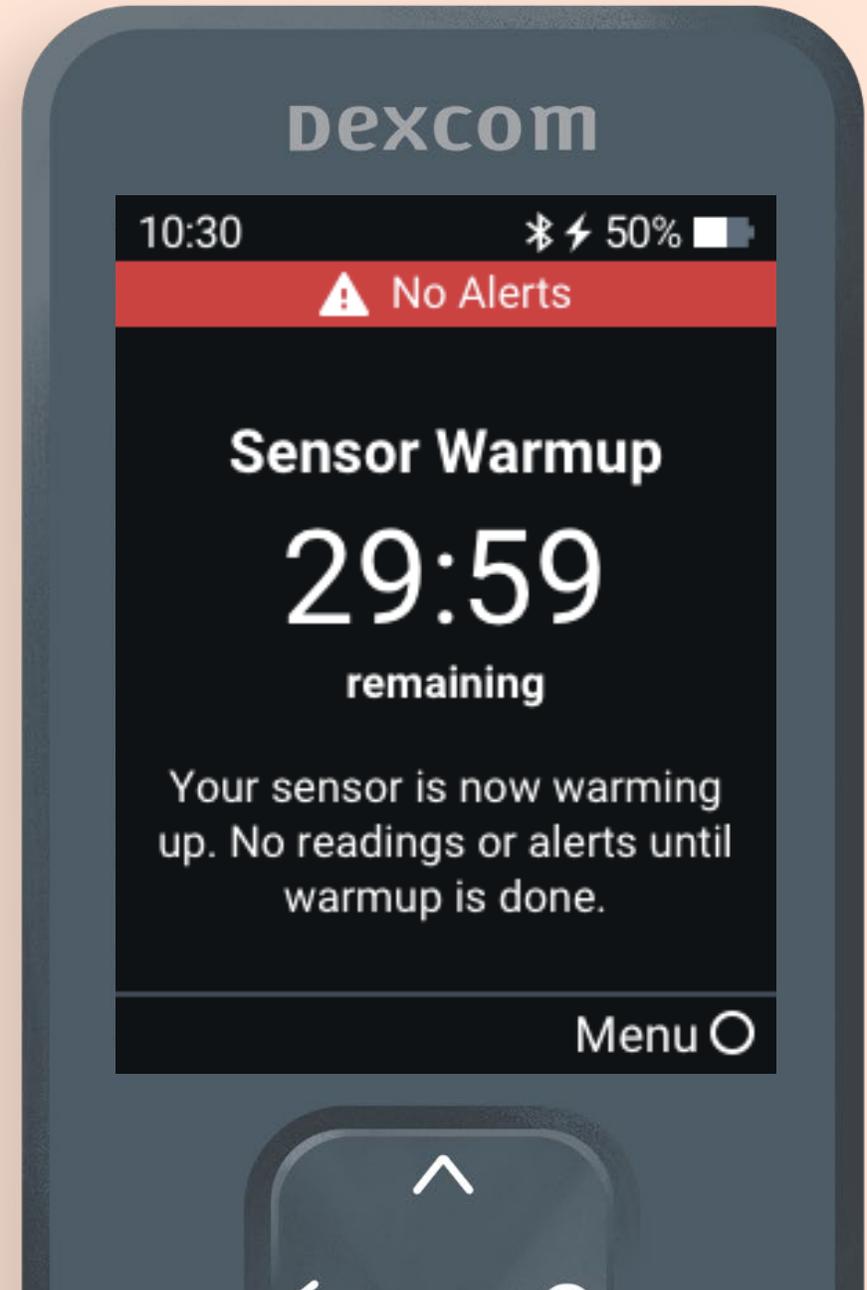


Sensor Warmup

Once communication is confirmed, the warmup will start. Warmup starts at sensor insertion, so you may see a less than 30 minute warmup.

The sensor warmup timer tells you when you will start getting readings and alerts.

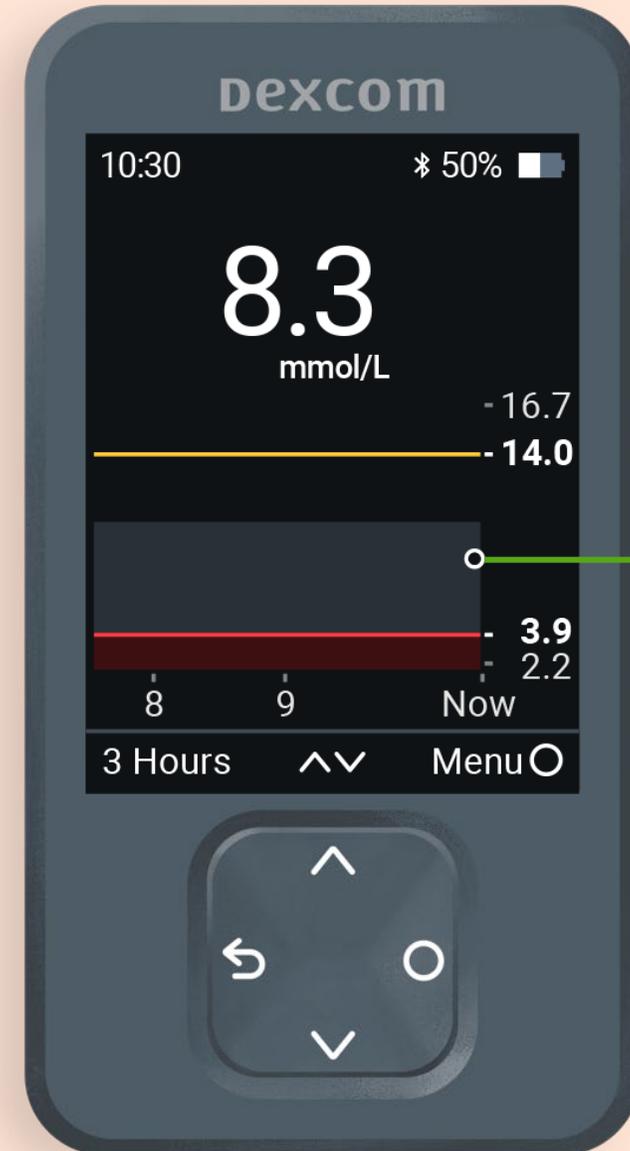
Keep smart device within 6 meters during this time.



Beginning of Trend Graph

After the warmup, the beginning of the trend graph will appear.

The receiver must be within 6 meters to receive glucose information.



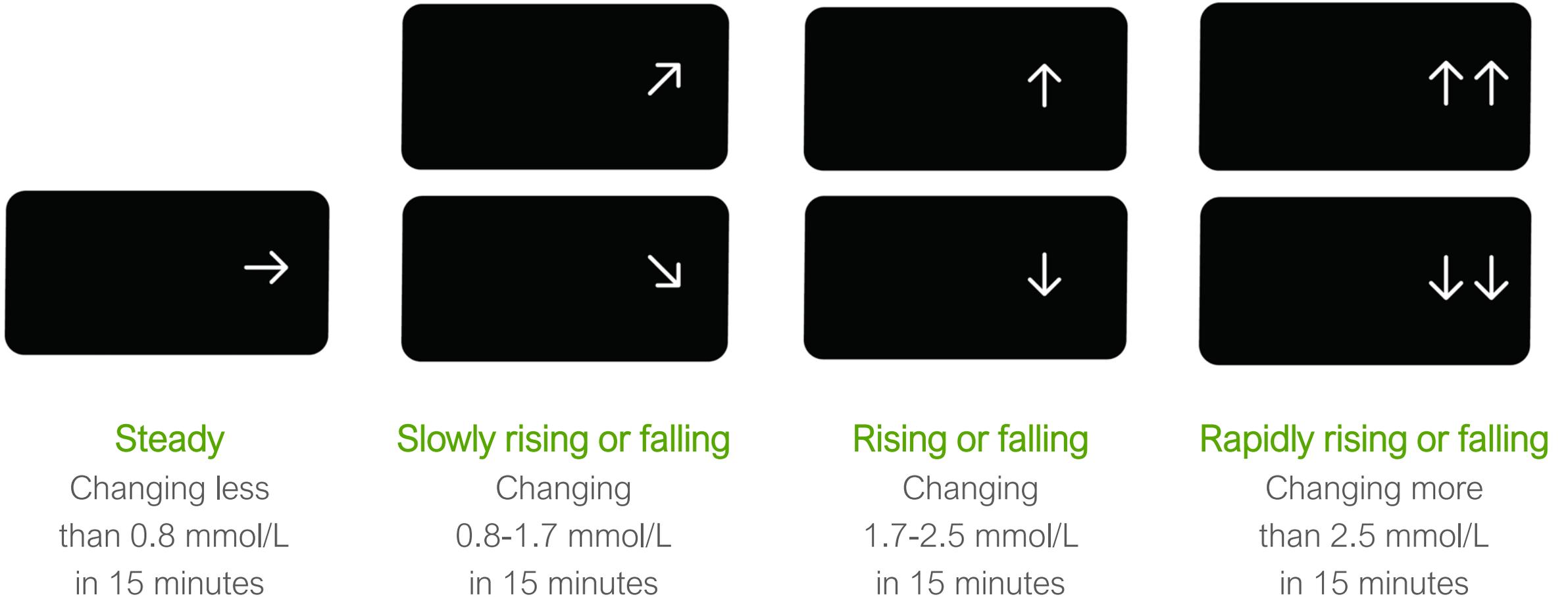
First Reading

Viewing the Receiver Trend Screen



Trend Arrows

Trend arrows show the speed and direction glucose is heading.



Urgent Low Alert

Alerts when sensor reading is 3.1 mmol/L or below.

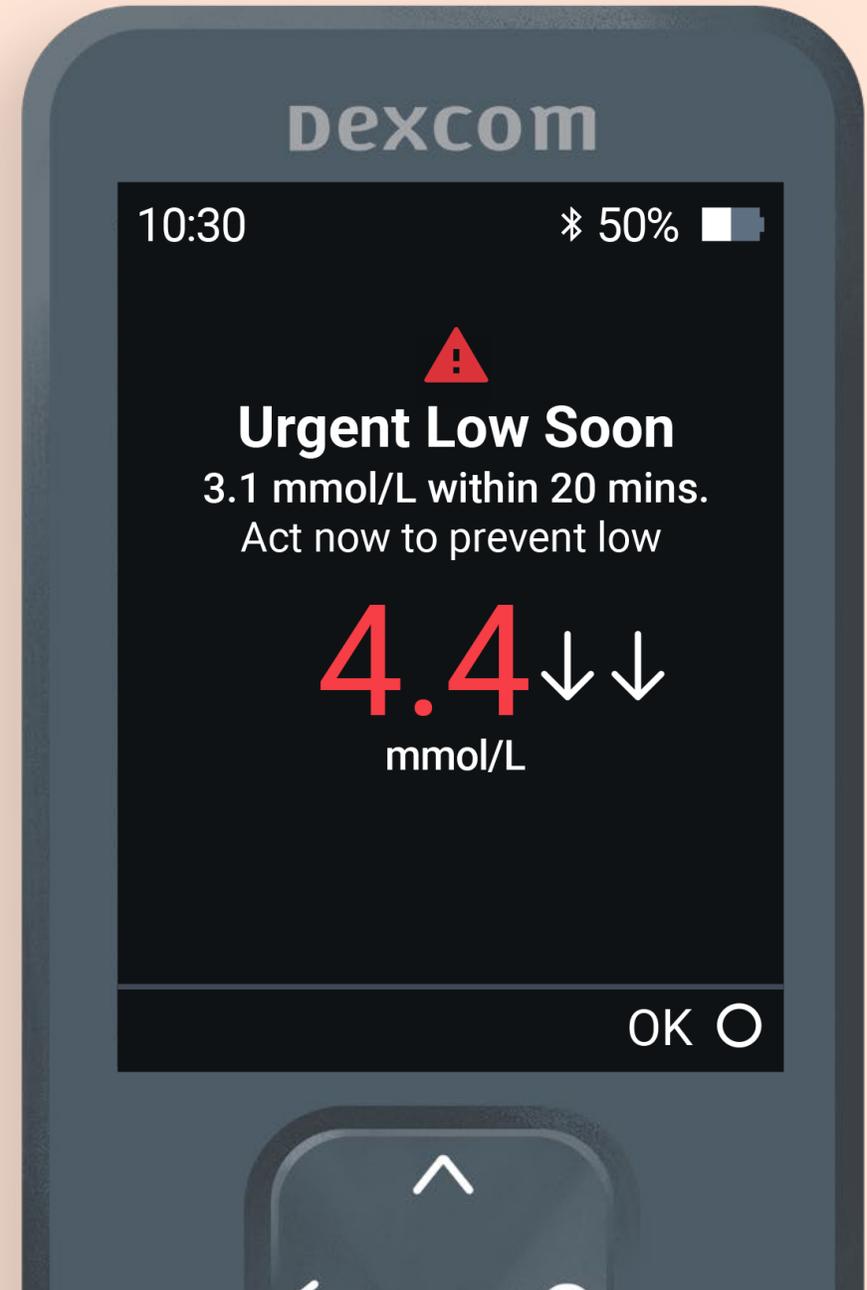
This alert can't be changed or turned off (unless the Silence All feature is used).



Urgent Low Soon Alert

Alerts when sensor reading will be 3.1 mmol/L or below in less than 20 minutes.

Turn on or off under
Menu > Settings > Alerts >
Urgent Low Soon.



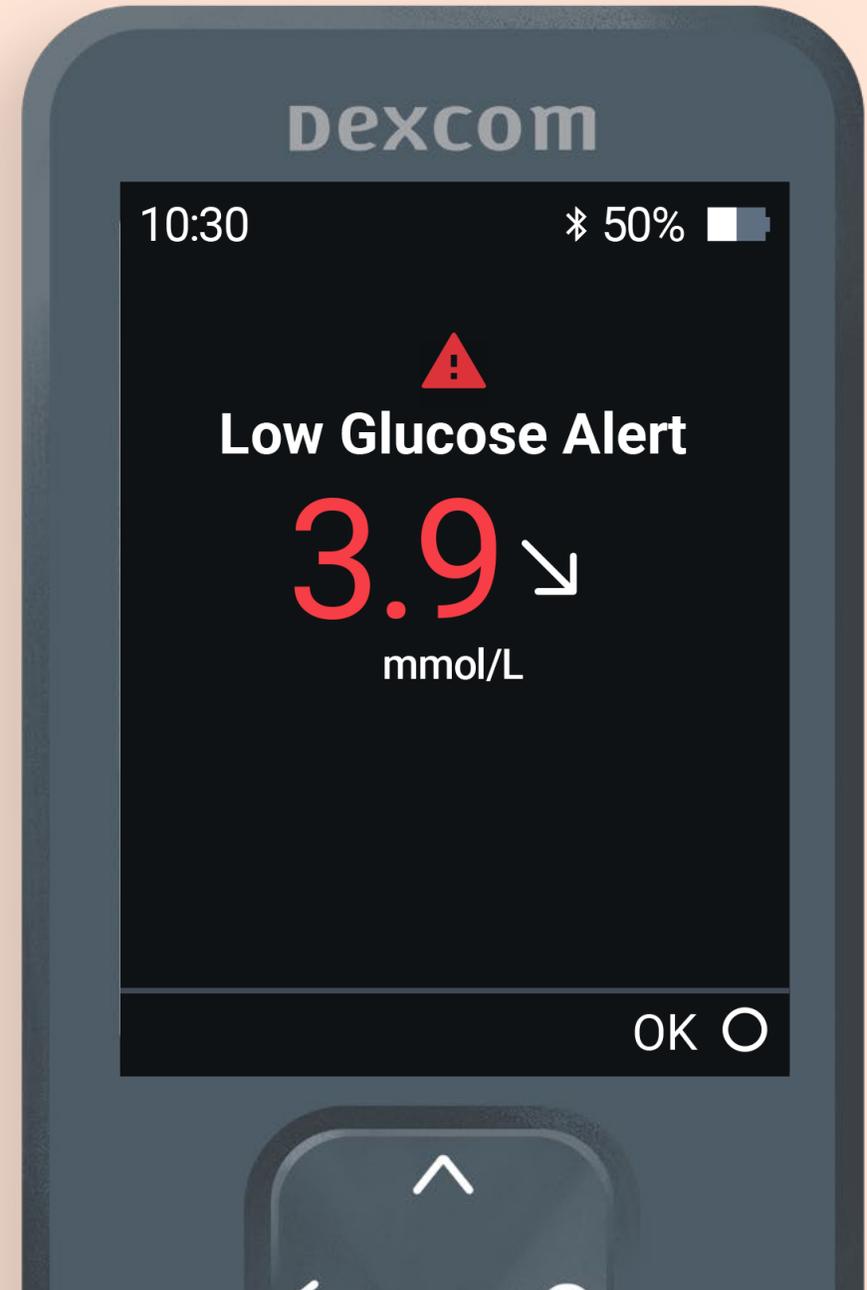
Low Alert

Alerts when sensor reading is at or below the set level.

Default: 3.9 mmol/L

Range: 3.3-8.3 mmol/L

Customise or turn on/off under
Menu > Settings > Alerts > Low.



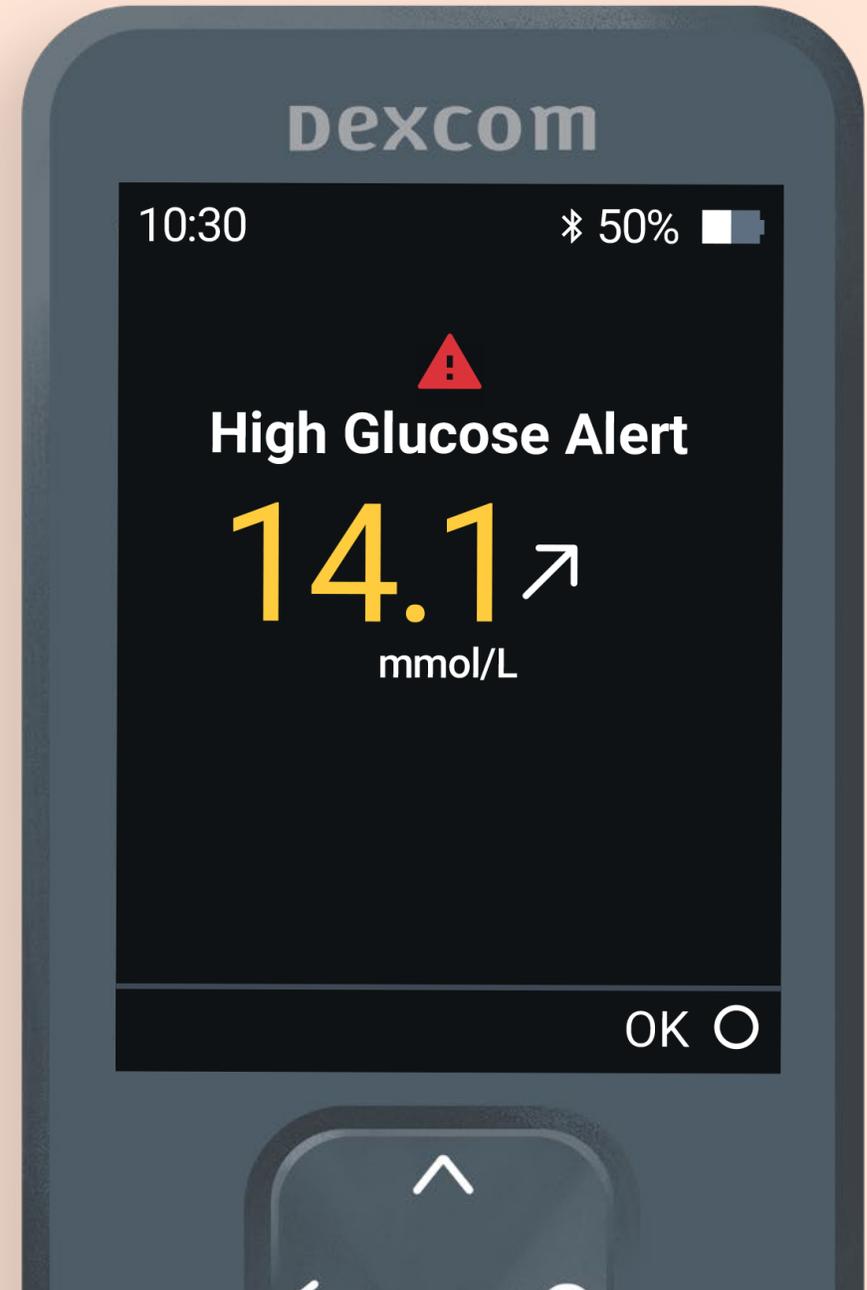
High Alert

Alerts when sensor reading is at or above the set level.

Default: 14.0 mmol/L

Range: 5.5-22.2 mmol/L

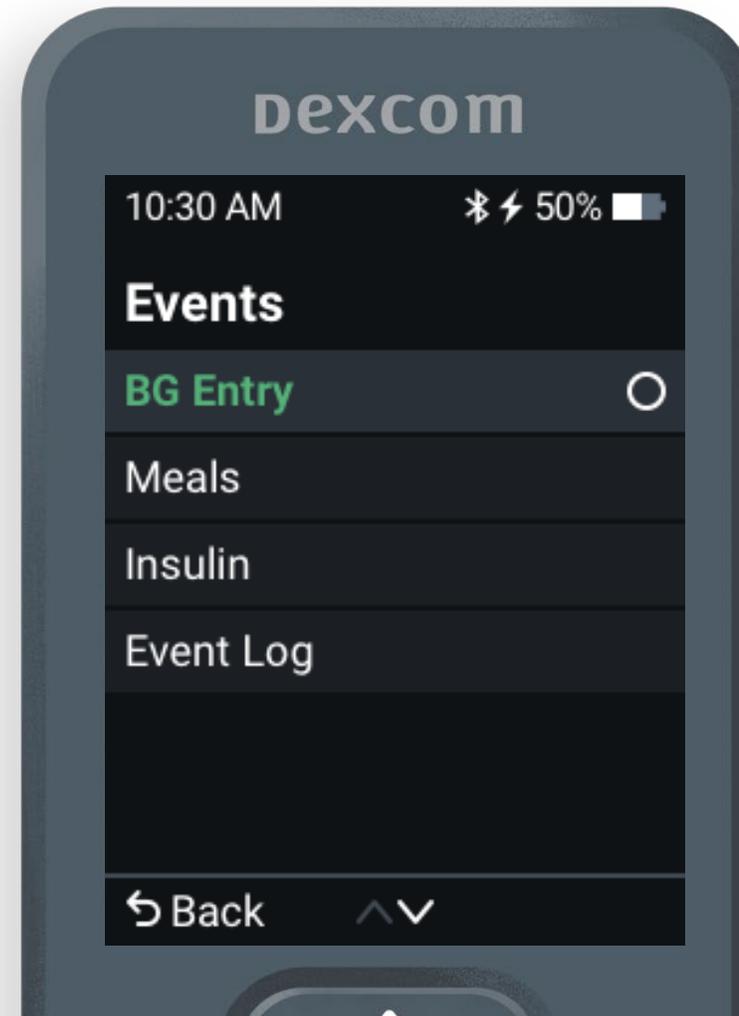
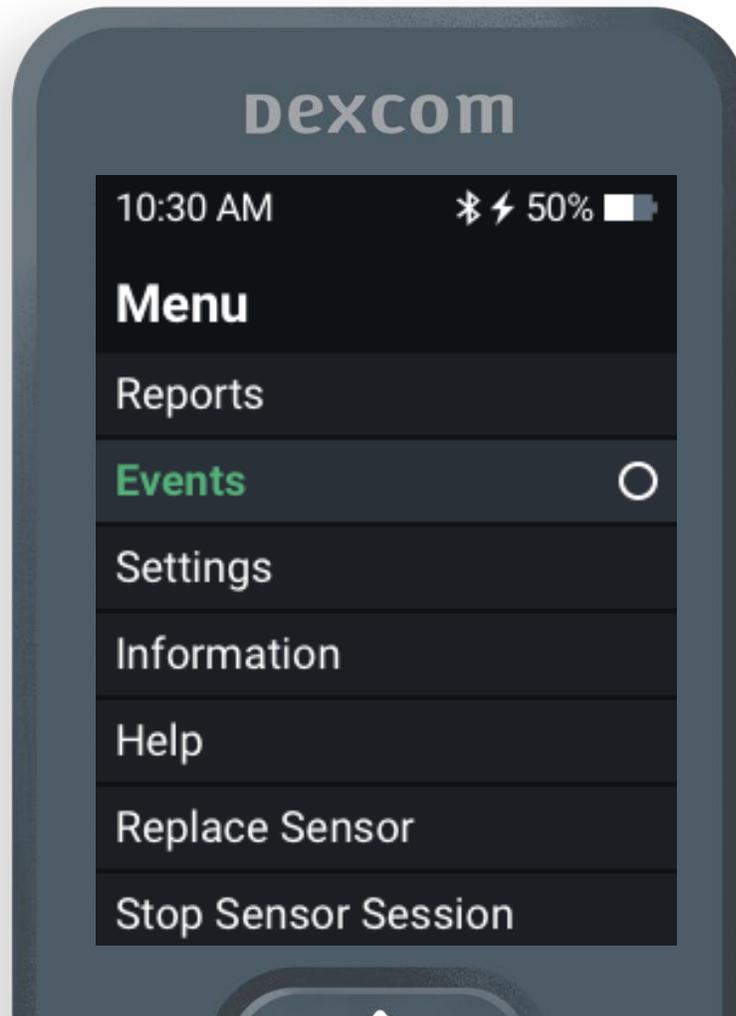
Customise (level, delay 1st alert, snooze) or turn on/off under **Menu > Settings > Alerts > High**. The delay 1st alert feature allows you to delay your first high alert until your sensor reading is high for a while.





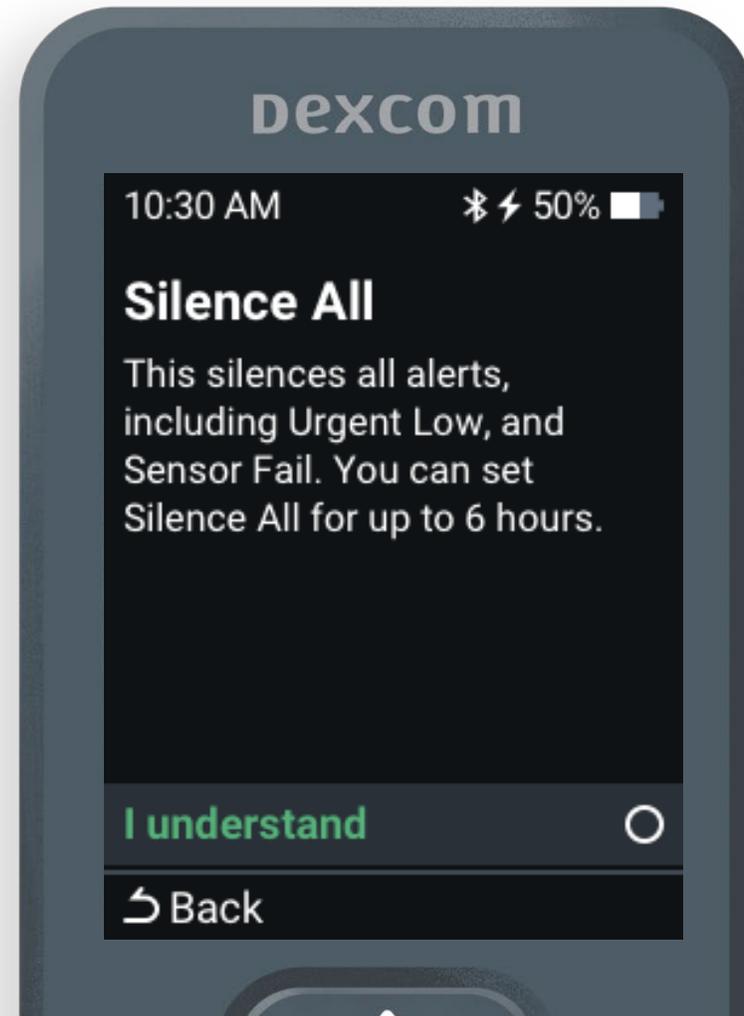
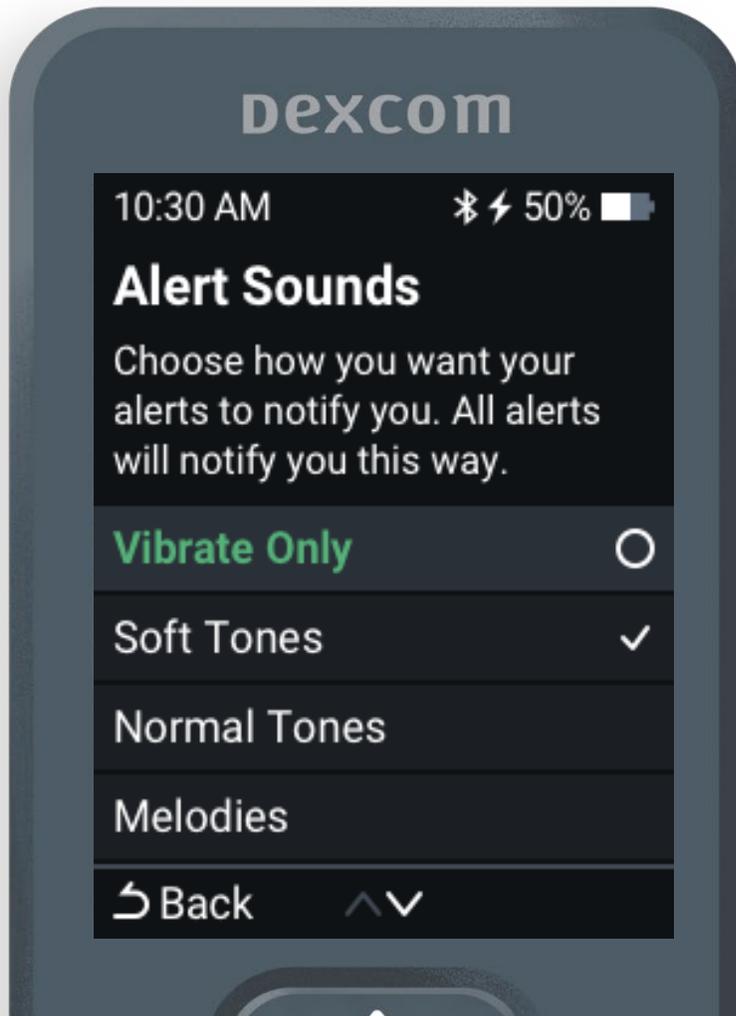
Events

An Event is an action or situation that affects glucose levels. Once entered, events can be viewed in Dexcom Clarity reports.



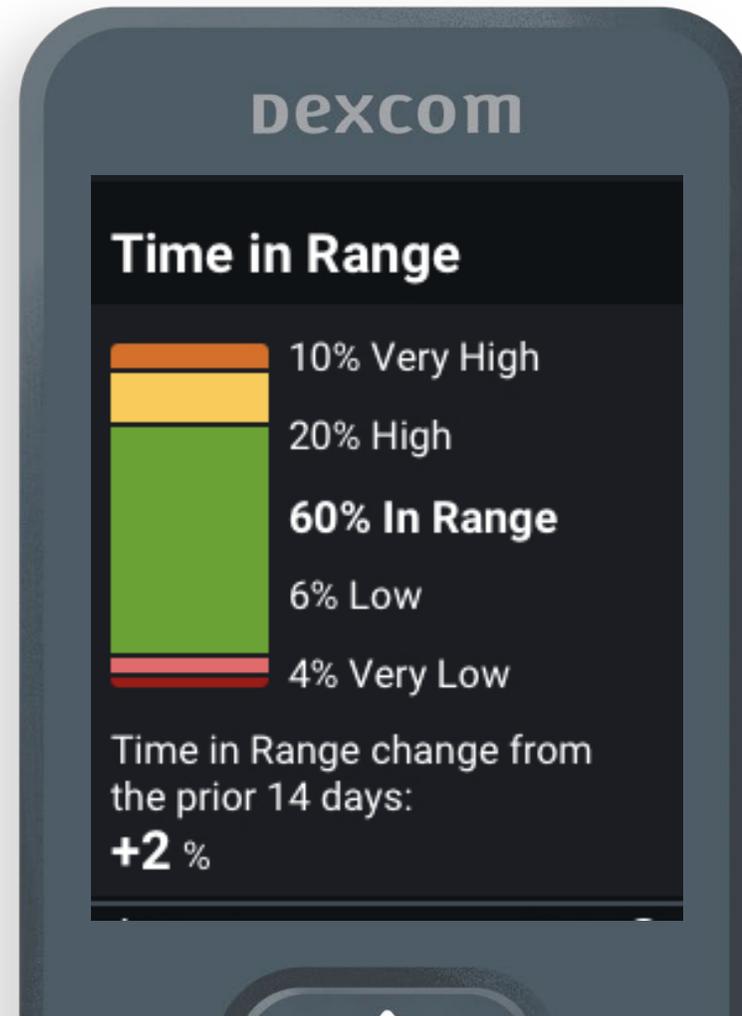
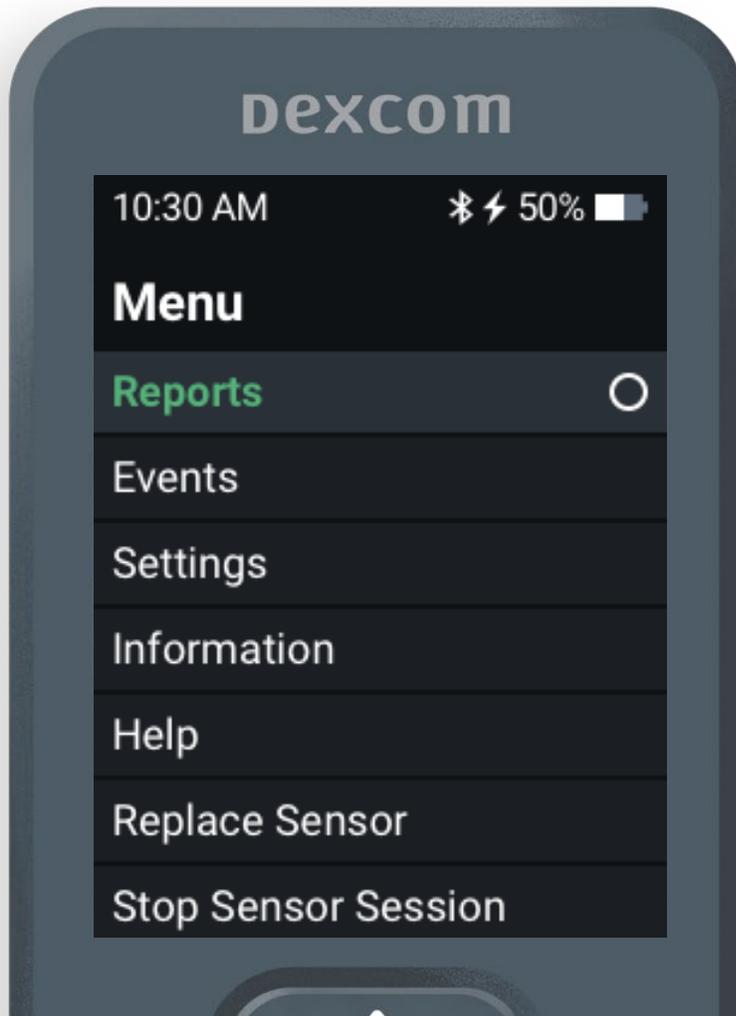
Sounds

Choose alert sounds or silence all alerts. Go to Menu > Settings > Alert Sounds.



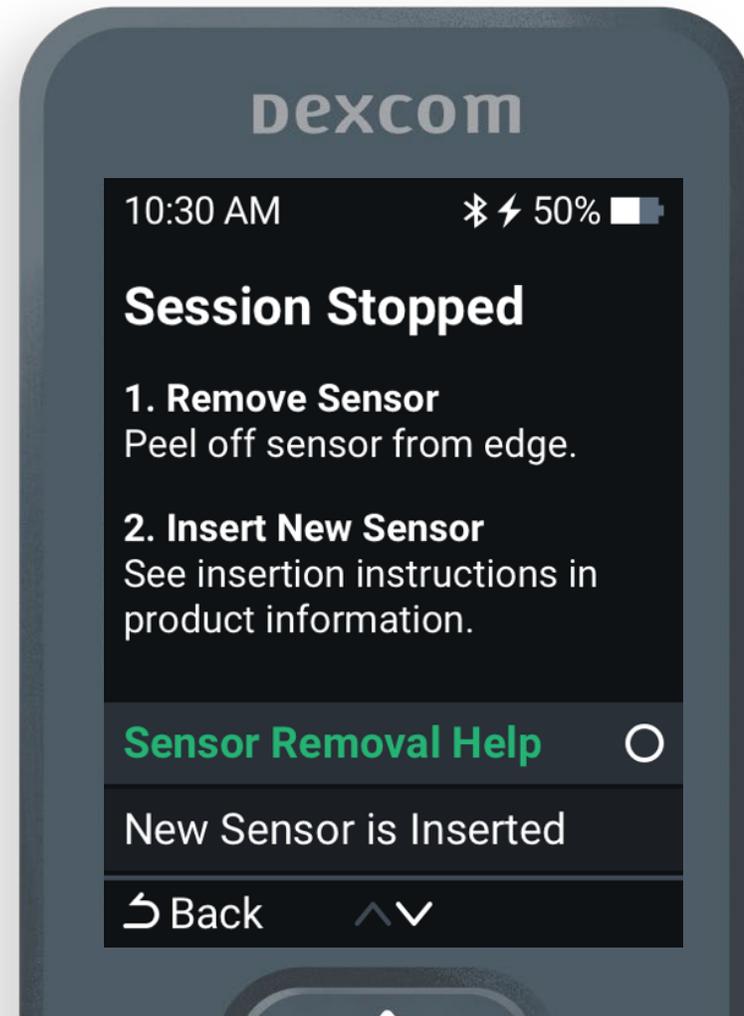
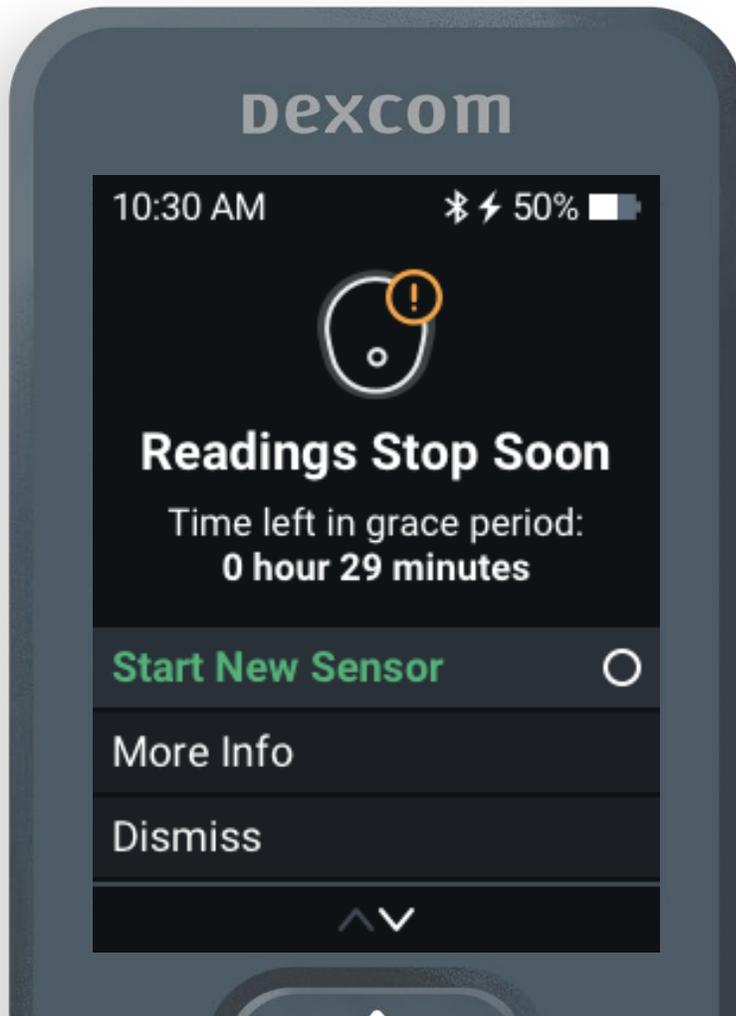
Glucose Summary Reports

The receiver shows summary reports of glucose information (over the last 3, 7, 14, 30, and 90 days). The reports can be used to spot trends and opportunities. Go to **Menu > Reports**.



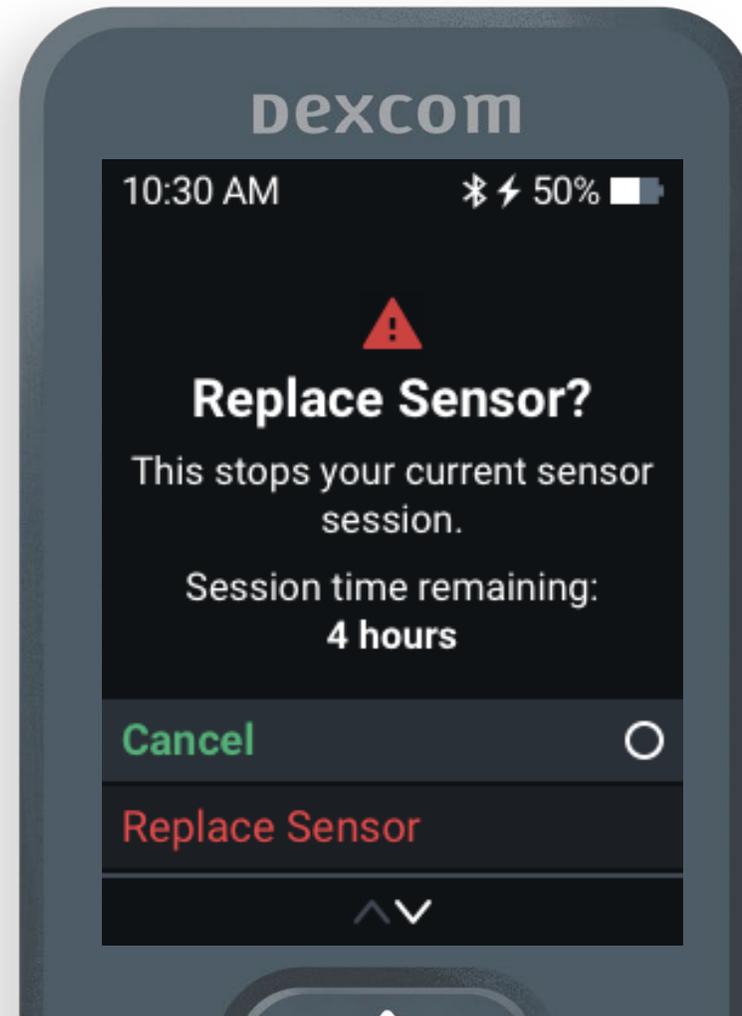
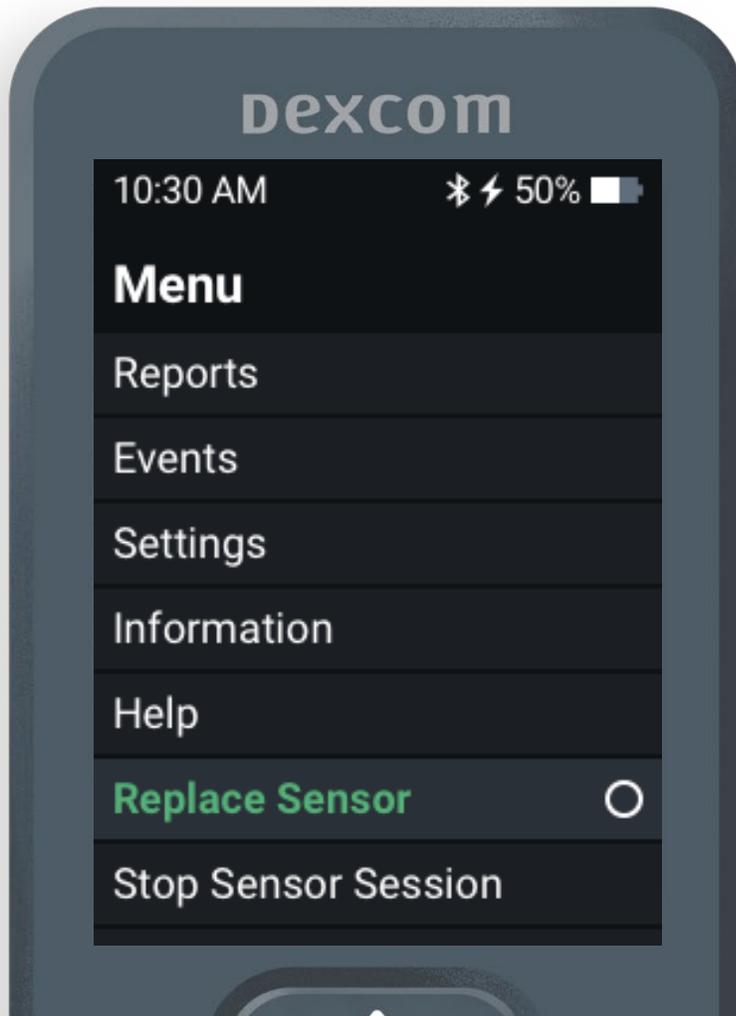
Ending Sensor Session: Automatically

When the grace period ends, the sensor ends automatically.



Ending Sensor Session: Manually

You must end the sensor session or grace period before you start a new sensor. You can end it manually, before the grace period ends by going to **Menu > Replace Sensor**.

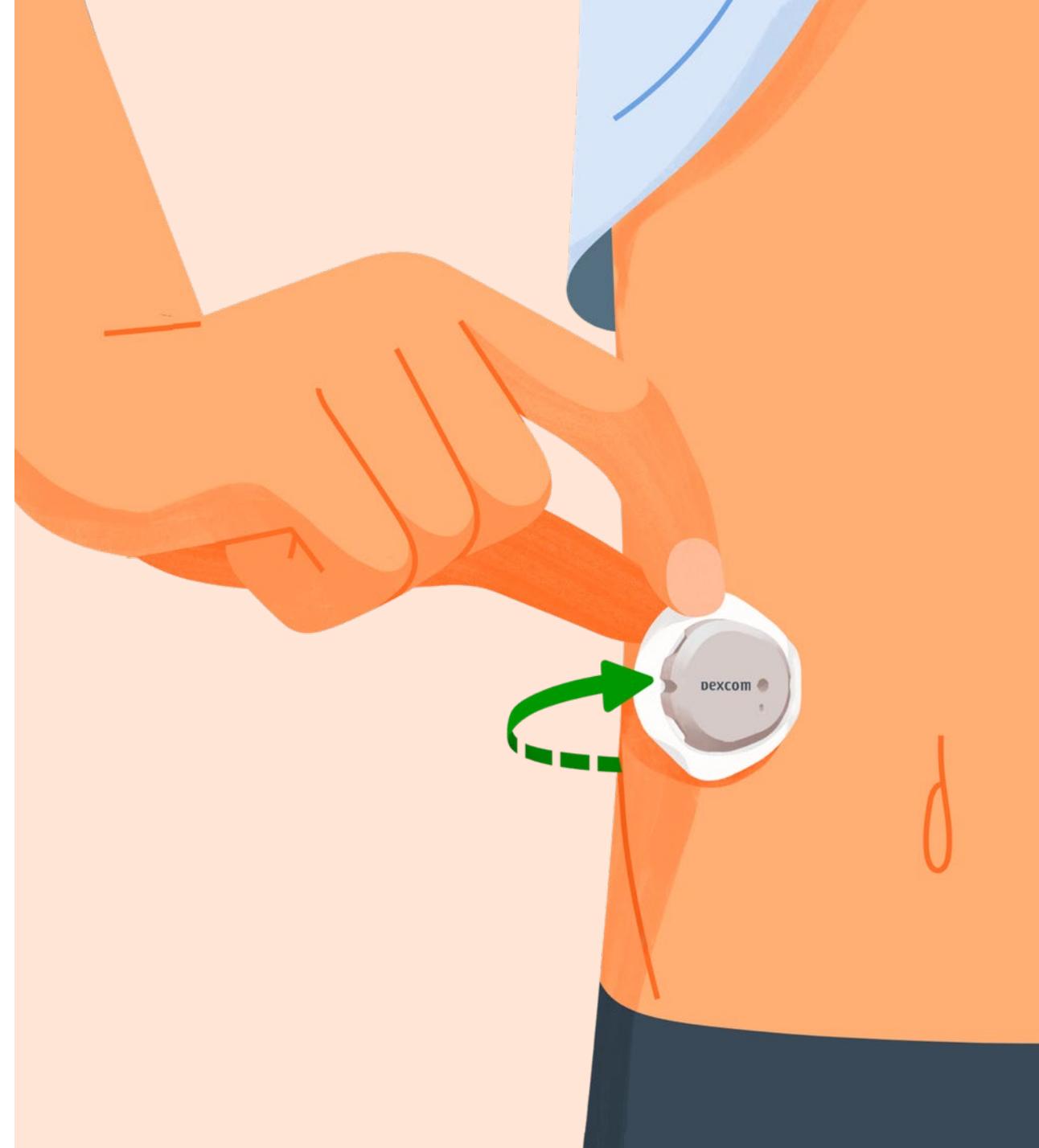


Removing Sensor

After the sensor session ends, peel off the patch like a bandage.

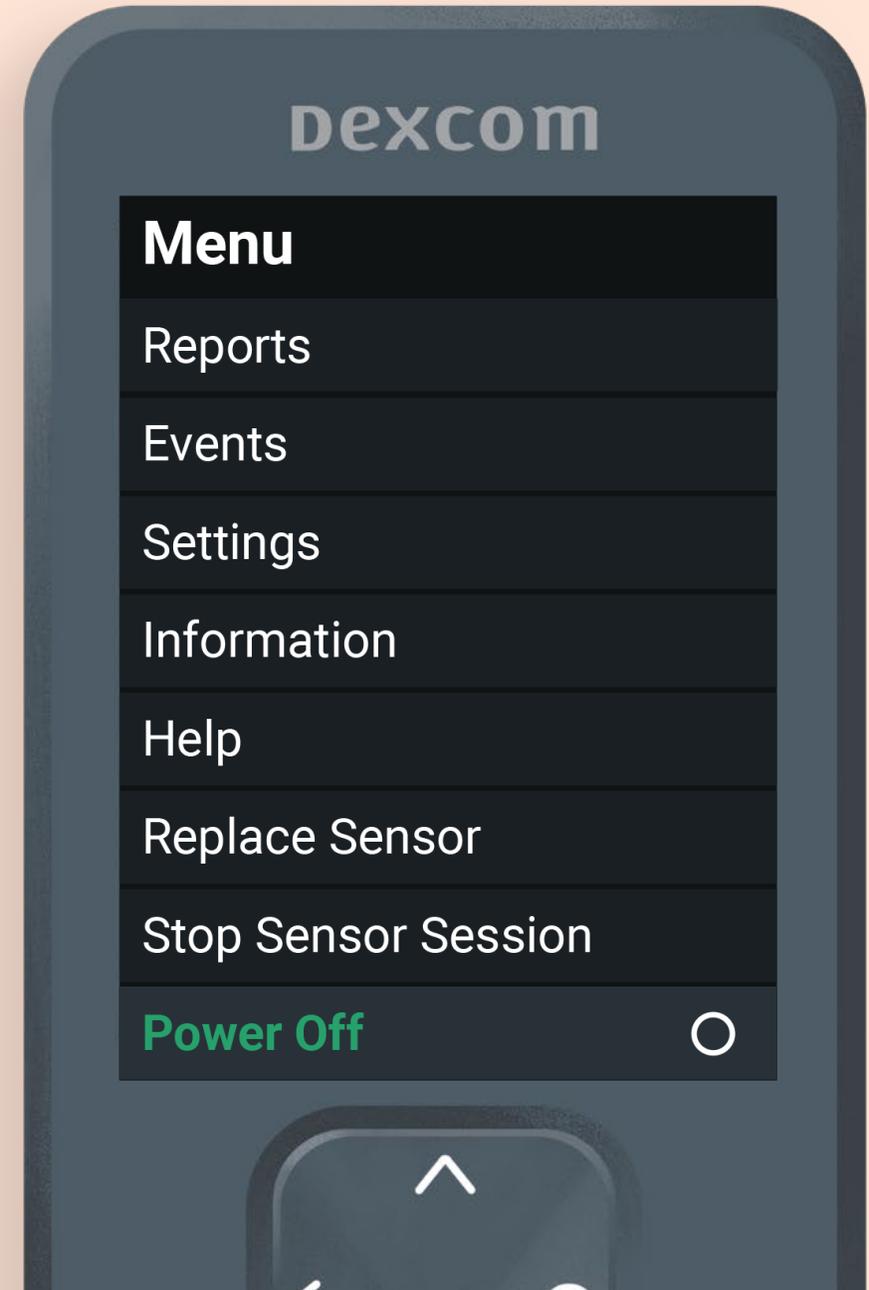
To make it easier and avoid irritating skin:

- Loosen edge and soak patch in body oil, like baby oil or an adhesive remover for skin
- Use adhesive removal wipes to rub the skin that gets exposed as you peel back the patch



Power Off

To turn the receiver off go to
Menu > Power Off



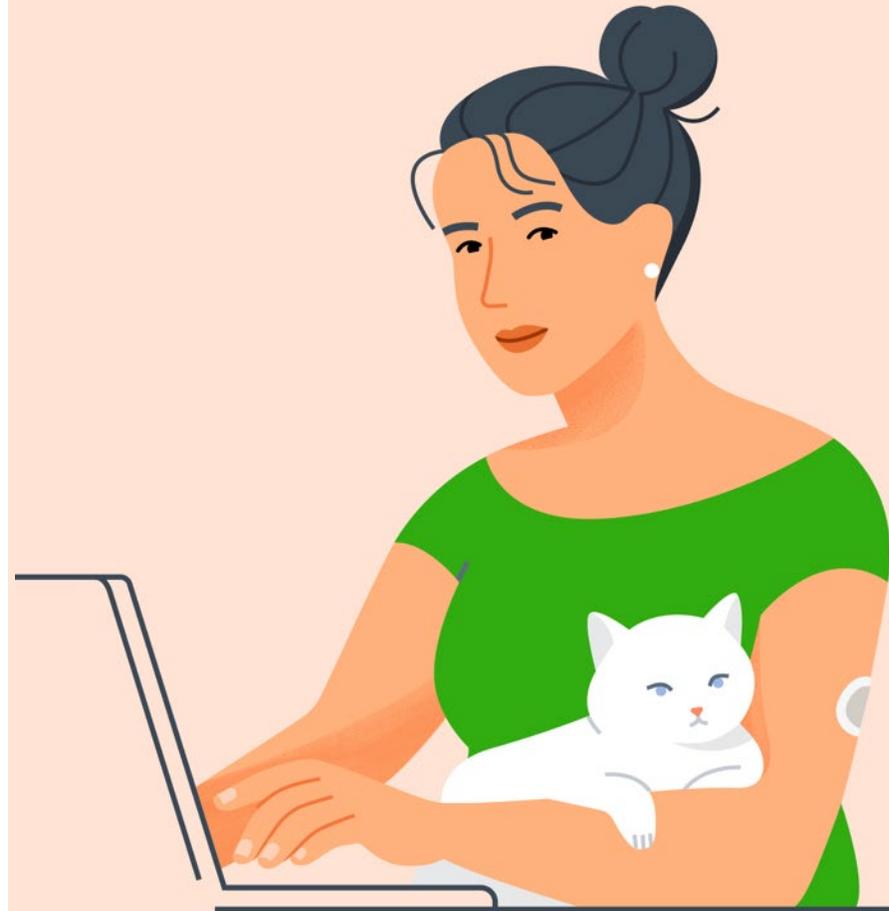
Dexcom Clarity

Use Dexcom Clarity to track your progress and share data with your clinic.

Log in at Clarity.dexcom.eu.

Use your current Dexcom login and provided USB cable to upload data.

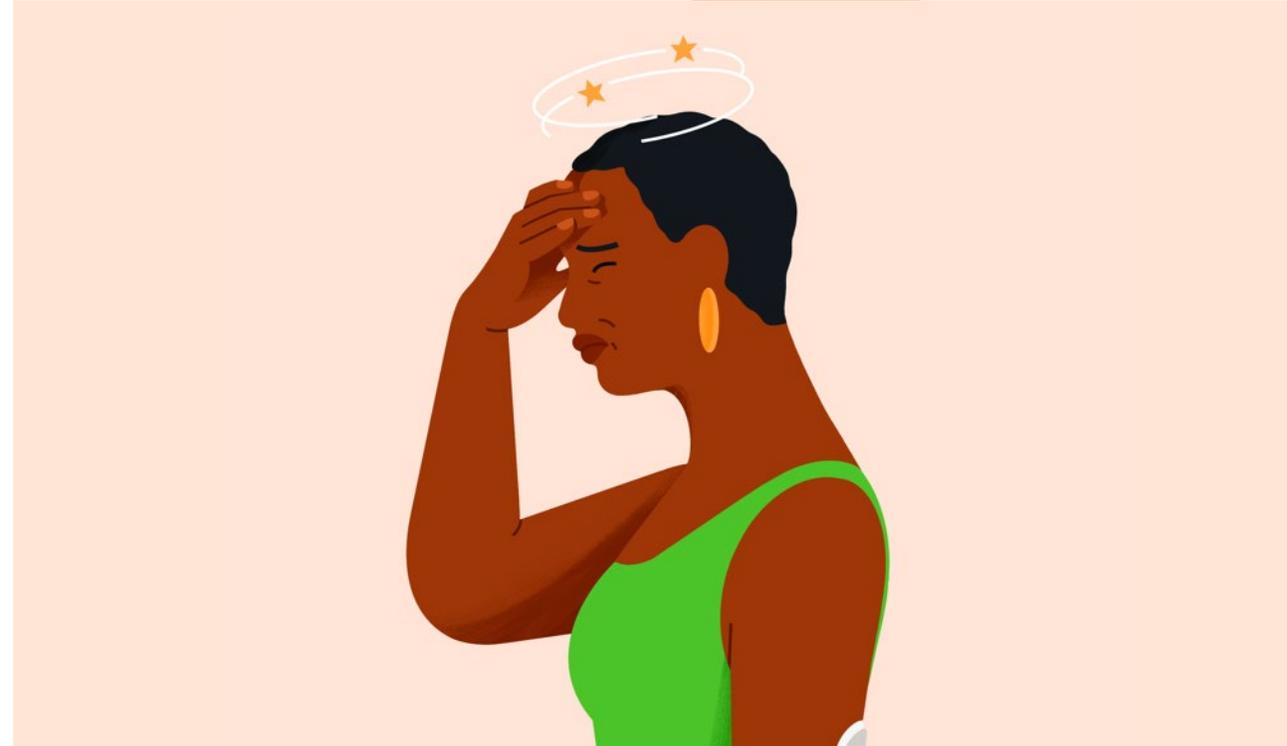
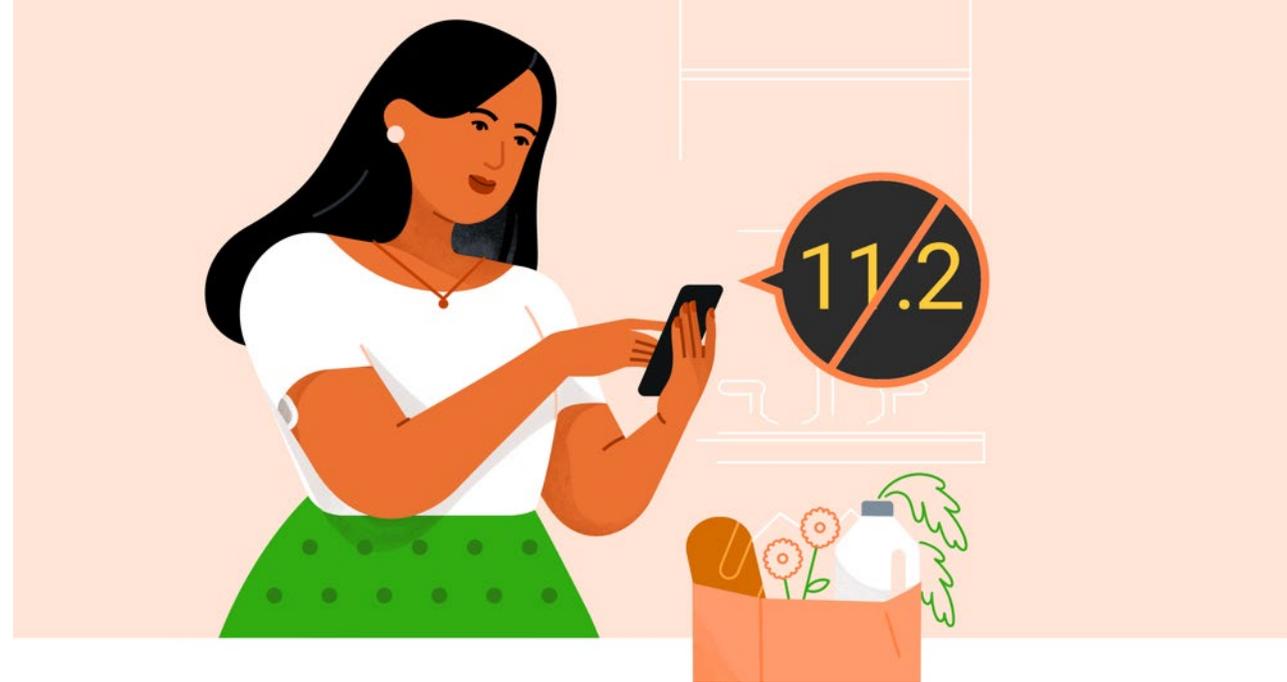
Free to use.



Diabetes Treatment Decisions

No number or arrow? Always use your meter.

Symptoms don't match readings? Use your meter.





MRI/CT/ Diathermy

Don't wear any G7 component during magnetic resonance imaging (MRI) or high-frequency electrical heat (diathermy) treatment.

However, it's safe to have a CT scan if you keep the sensor out of the scanned area and cover the sensor with a lead apron during the scan.

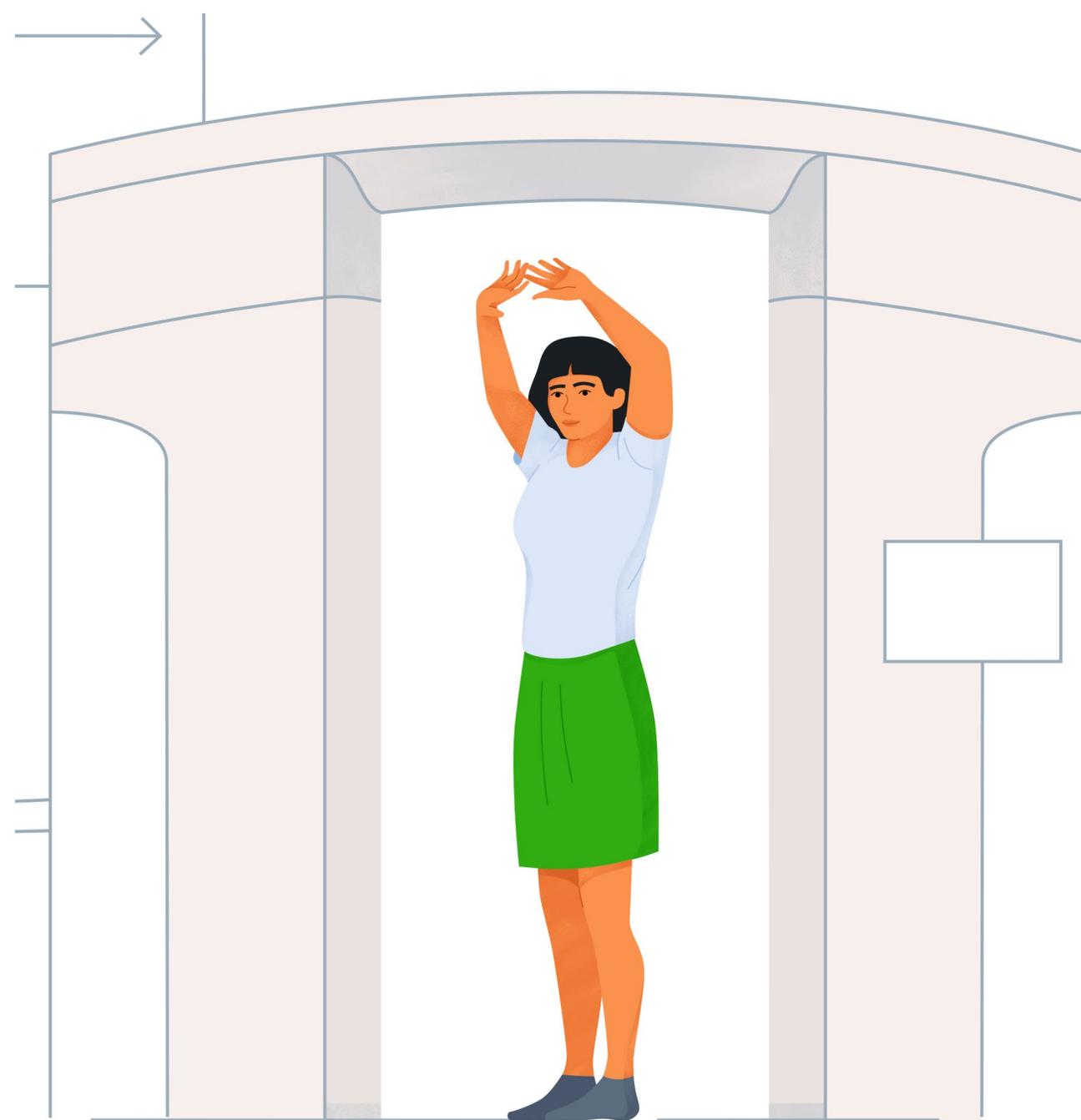




Security and Travel

You can wear the sensor for the walk-through metal detector and Advanced Imaging Technology (AIT) body scanner.

You can also ask for hand-wanding or full-body pat-down and visual inspection instead of going through any walk through body scanners or putting any part of the G7 in the baggage scanning machine.



Sunscreen and Insect Repellent

Before insertion and during your sensor session, don't apply insect repellent, sunscreen, perfume, or lotion on your insertion site or sensor. This may cause the sensor to not stick well or could damage your G7.





Any Questions?

Additional support

Visit dexcom.com/learn to take advantage of training tutorials and resources where you can learn at your own pace and enhance your knowledge.

Technical Support Enquiries

Fill out a technical support request [here](#)

No access to the internet? Call 0800 031 5763 (UK) 1800 827 603 (Ireland)

Managing your orders

You can access your account online [here](#) to view and update your account details or check your shipment schedule.



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