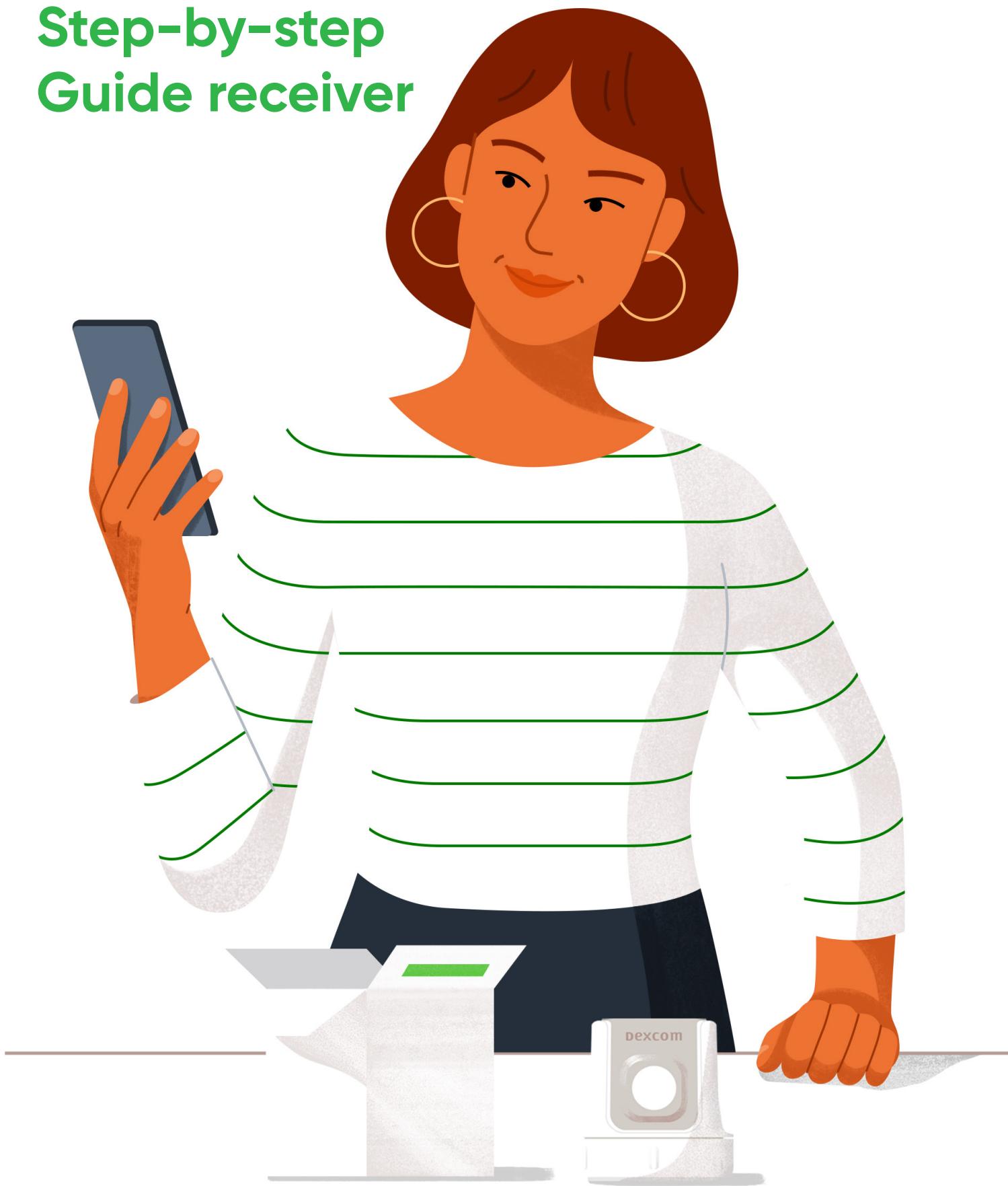


dexcom G7

Step-by-step Guide receiver



This is an 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.

Dexcom G7 system components

Dexcom receiver^{||}

- A new glucose value every 5 min
- Optional alerts
- Rechargeable via included usb cable

Smartphone* with Dexcom G7-app (optional)

- A new glucose value every 5 min
- Optional alerts



Smart watch*
(optional)

Applicator with
built-in sensor

Sensor measures glucose during 10 days +
12 hours in the interstitial fluid

^{*}Smartphone and smartwatch not included.

^{||}Smartphone and receiver are sold separately. Check compatibility of smart devices via:
www.dexcom.com/compatibility

Getting started with the receiver

How to use the receiver

The receiver has 4 buttons.

Hold down the up or down arrow buttons to scroll faster. Use the **select button** to move to the next field.



Step 1: Power on the receiver



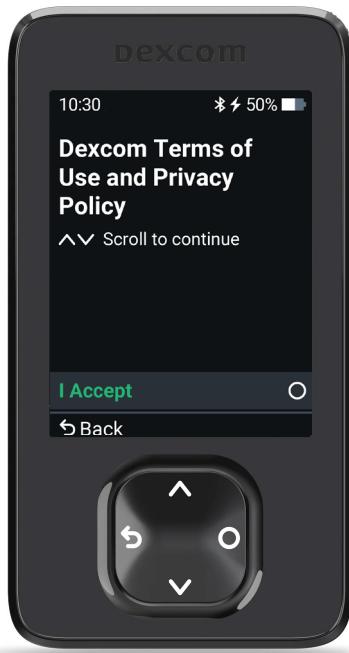
Hold down the **select button** until the Dexcom logo appears to power on the receiver.

Select **Next** on the start screen using the select button.

Select

Step 2: Set up the receiver

The instructions in the receiver guide you step by step through the settings. After that, a series of information screens will follow. Scroll down to read the information and use the **select button** to proceed.



Read the privacy policy and the terms of use.



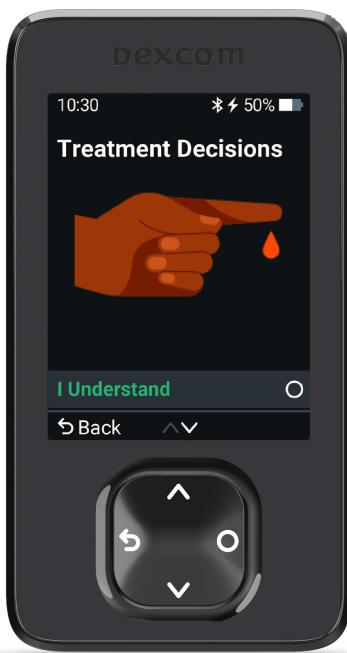
Choose the correct date and time format.



Enter the date and time.

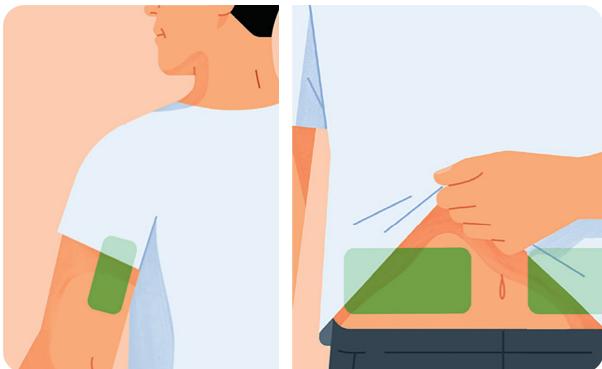


View the information screens about safety, treatment decisions, trend arrows, reading your home screen, and alerts.

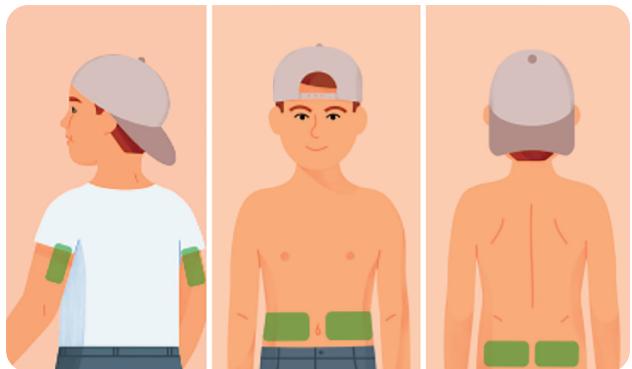


Insert your sensor. Read or watch the instructions on the following pages.

Step 3: Choose an application site



Age 7 and older: On the abdomen or the back of the upper arm



Age 2 to 6 years: On the abdomen, the upper buttocks or the back of the upper arm

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 from infusion or insulin injection sites
- Near to waistbands or with irritations, scarring, tattoos, or lots of hair



Step 4: Insert the sensor



Wash your hands with water and soap and dry these carefully before inserting the sensor.



Clean the application site with an alcohol wipe and allow it to dry thoroughly.



Unscrew the cap. Do not touch the inside.



Press the applicator firmly against the skin and push the button.



Remove the applicator.



Rub firmly 3 times around the patch.



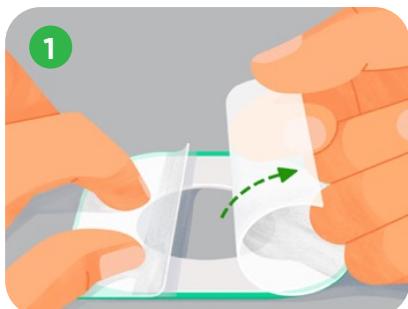
Gently press on top of sensor for 10 seconds.

Prefer watching a video?
Scan the QR-code to watch a short instructional video on how to insert your sensor.



Step 5: Apply the overpatch

The overpatch helps to keep the sensor in place. Find the overpatch bundled with the paper instructions in the sensor box.



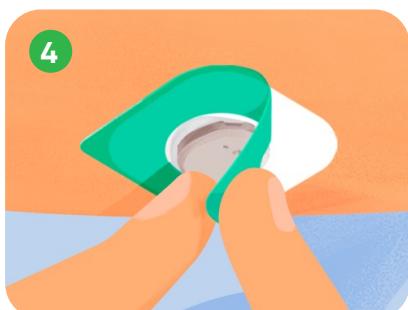
Carefully pull off both clear liners, one at a time. Don't touch white adhesive area.



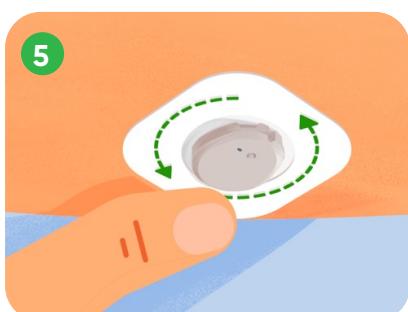
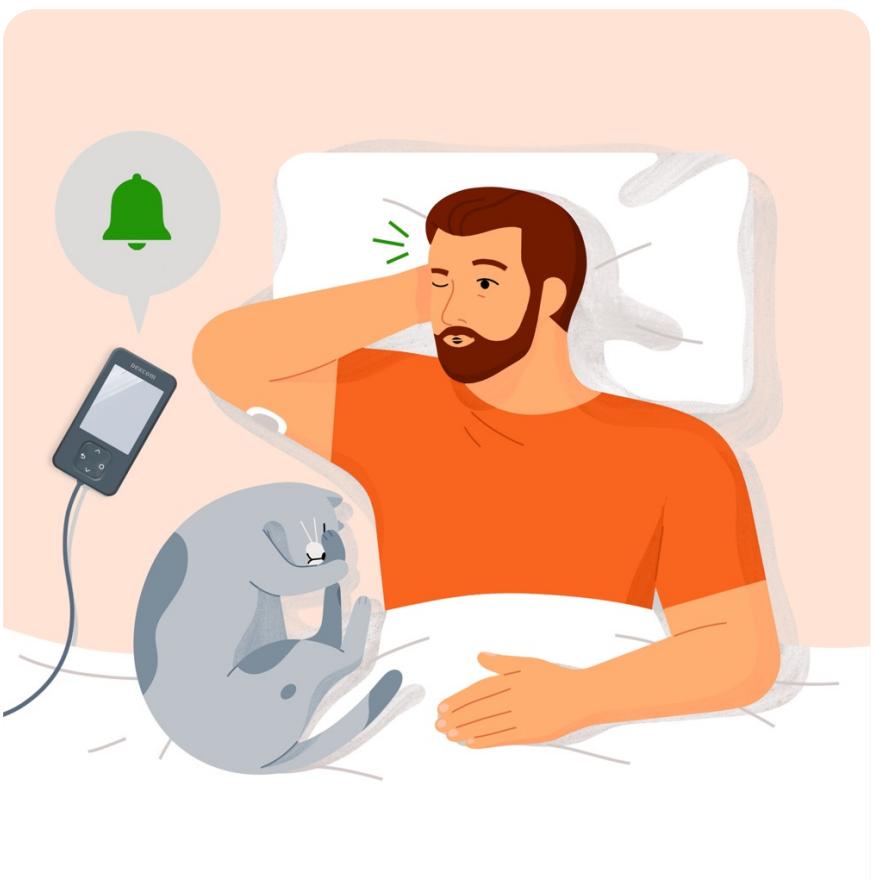
Use the colored tab to apply the overpatch around the sensor.



Rub around the overpatch.



Use the tab to remove the colored protection.



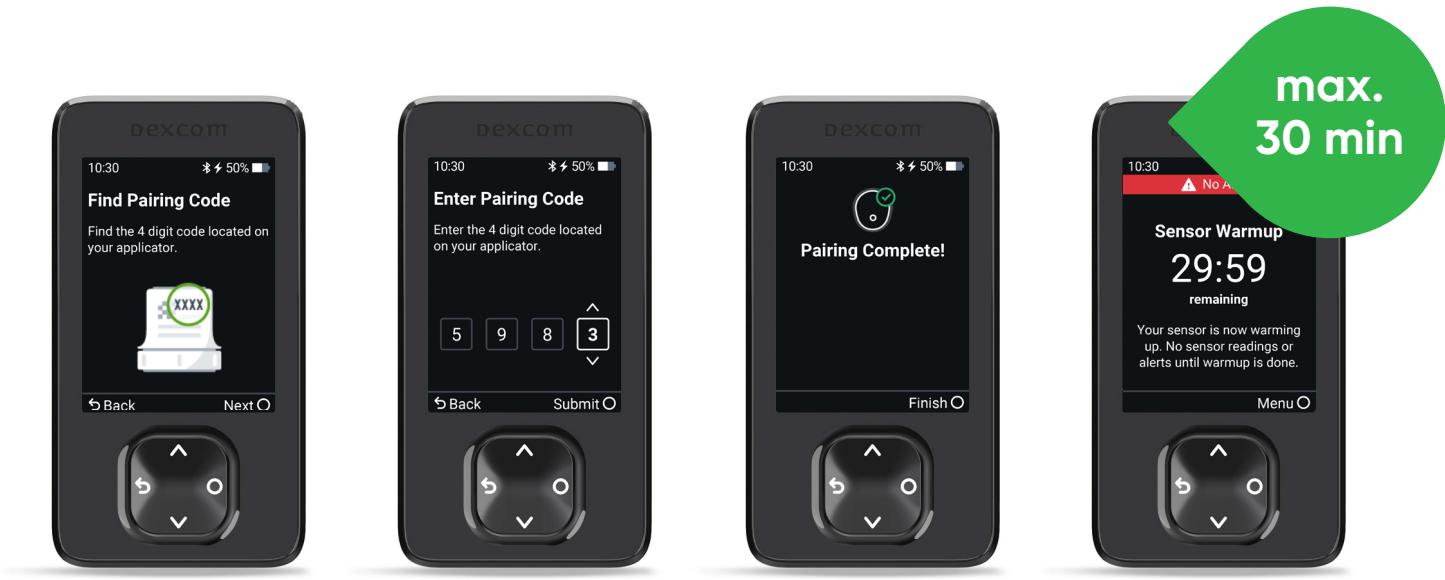
Rub around the overpatch again.

The Dexcom G7 is waterproof and may be submerged under 2.4 meters of water for up to 24 hours.¹ Keep the sensor patch as dry and sweat-free as possible for the first 12 hours¹.

¹ The receiver (as shown above) is not waterproof nor water-resistant.

¹Dexcom G7 CGM User Guide, 2023.

Step 6: Pair the sensor and start warm-up period



Find the 4-digit pairing code on the applicator.

Enter the code using the up and down buttons.

Wait until the sensor is paired and press the select button.

After the warm-up phase, the first Dexcom value will appear.

Alerts for high and low glucose levels

A suite of customizable alerts can help warn you of high or low glucose levels.

The default settings are as follows:

- **Urgent Low glucose: 3.1 mmol/L (always on)**
- **Urgent Low glucose Soon: 3.1mmol/L within the next 20 minutes**
- **Low glucose: 3.9 mmol/L**
- **High glucose 14.0 mmol/L**

Consult with your healthcare provider to adjust your alerts according to your lifestyle and goals.

You can customize your alerts via:
Menu > Settings > Alerts



How the receiver works

Trend display

The trend display shows your sensor's glucose value, trend graph and trend arrow.



Trend arrows

The trend arrows show the direction and rate of change of the glucose.

	Steady Changing less than 0.8 mmol/L in 15 minutes		Rising or falling Changing 1.7 - 2.5 mmol/L in 15 minutes
	Slowly rising or falling Changing 0.8 - 1.7 mmol/L in 15 minutes		Rapidly rising or falling Changing more than 2.5 mmol/L in 15 minutes

Blood glucose meter

The Dexcom G7 measurement (CGM) and blood glucose meter (BGM) sometimes do not match and that is normal. Both measure glucose in different body fluids: interstitial fluid and blood.

Because glucose moves from the blood to the interstitial fluid, glucose in the blood changes slightly earlier than in your interstitial fluid. Therefore, before making treatment decisions with Dexcom G7 always look at the number and associated trend arrow.

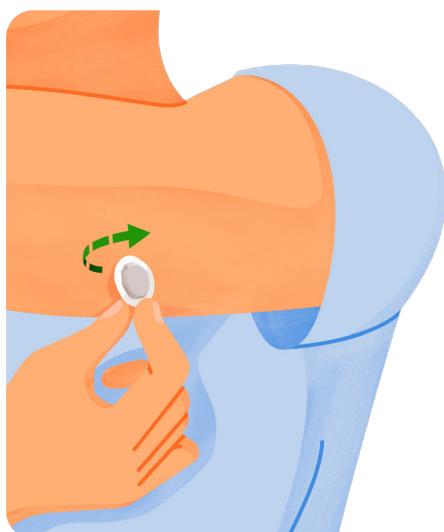
Use a blood glucose meter when symptoms do not match your sensor reading or when the number or trend arrow is missing.

Want to learn more?

Scan the QR-code to watch a video and learn more about the difference between a BGM and CGM measurement.



Day 10: End sensor session



Each sensor has a 10-day wear period with a 12-hour grace period.

In the last 24 hours, 2 hours, and 30 minutes, you will receive a silent notification to remind you that the sensor session is about to end.

Dexcom G7 features a 12-hour grace period, so that you can change your sensor when convenient.

After the session, remove the sensor as you would remove a plaster or bandage. Use body oil if necessary to make this easier.

Prefer watching a video?

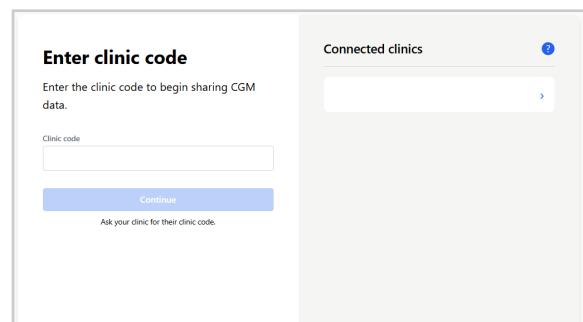
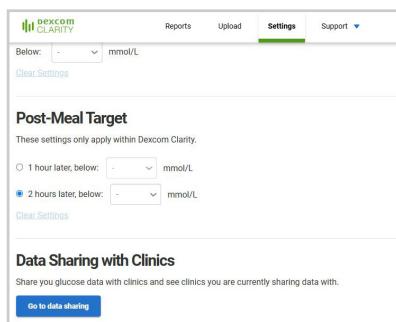
Scan the QR-code to watch a short instructional video on how to replace the sensor.



Dexcom Clarity

Data sharing with the healthcare provider[‡]

Your healthcare provider must provide you with the clinic code to start sharing data. Follow the instructions and give the clinic permission to access your data.



Go to **Settings** and scroll down to **Data Sharing with Clinics**, then click on **Go to data sharing**

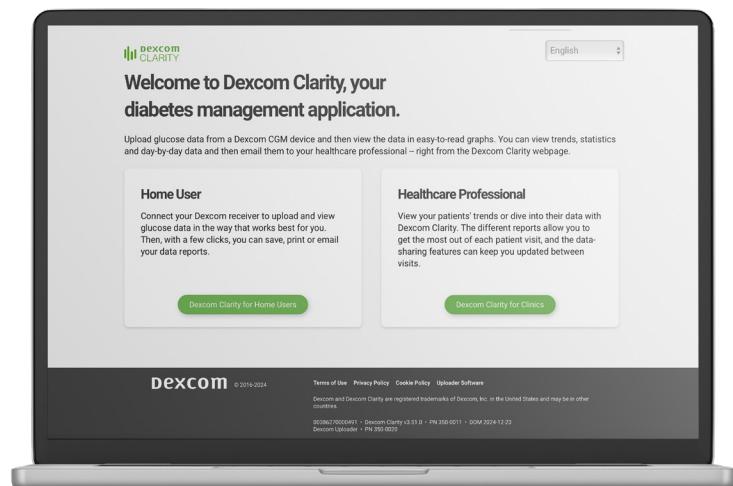
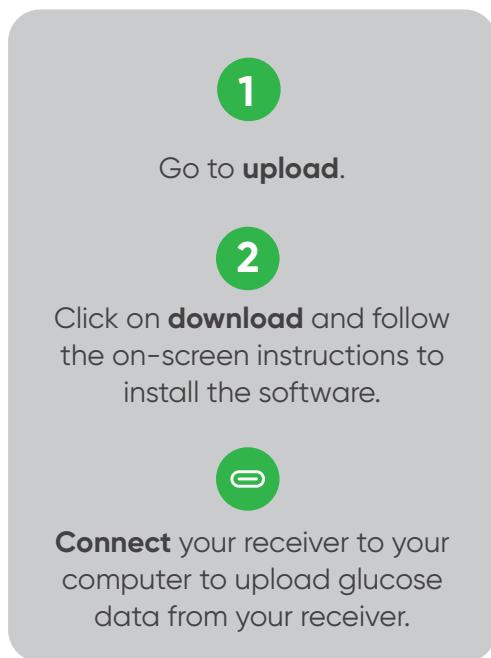
Ask the clinic code from the healthcare provider and enter it.

Visit Dexcom Clarity at: **clarity.dexcom.eu** to upload the glucose data from your receiver to your Clarity account, so you can track your progress and share data with your healthcare provider.

Is your healthcare provider going to do this for you?

Take the receiver to the appointment. The healthcare provider can also read the receiver at the healthcare facility.

Select **Dexcom Clarity for home users** and log in with an existing Dexcom-account or create a new account.



For future uploads, you only need to connect your receiver to your computer.

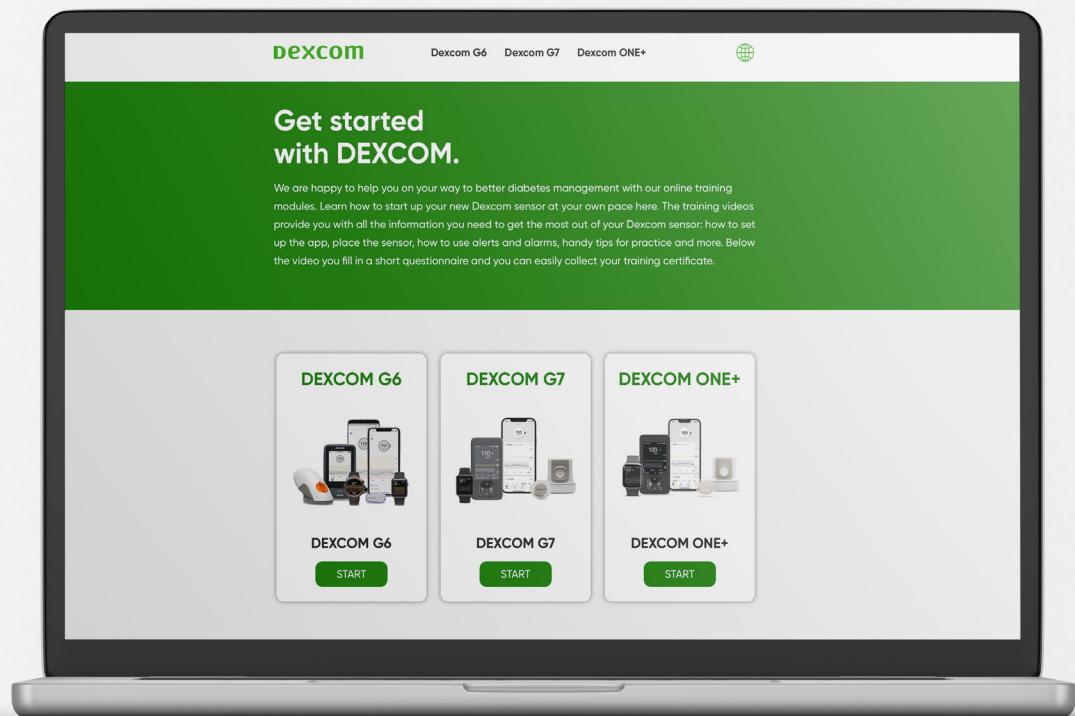
[‡]Patient must give consent to share their data with their healthcare provider. An internet connection is required for patients to send their glucose data to Dexcom Clarity via: clarity.dexcom.eu.

More support?

Visit www.dexcomtraining.com to take advantage of training resources and tools where you can learn at your own pace or sign up for one of our weekly live online sessions.

Technical questions/support:

- T: 0800 020 1986
- W: www.dexcom.com/TS-NL



This manual is for illustrative purposes only. Always read the indications, warnings, precautions and instructions that come with your Dexcom G7 CGM system. Failure to do so may result in inaccurate sensor readings, missed alerts and missing a severely low or high glucose reading.

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