

dexcom G6

Getting Started: Dexcom G6

This is abbreviated instruction. For detailed, step-by-step instructions on how to use the Dexcom G6 Continuous Glucose Monitoring System, refer to your Instructions For Use.
Screens are representational only. Your product may look different

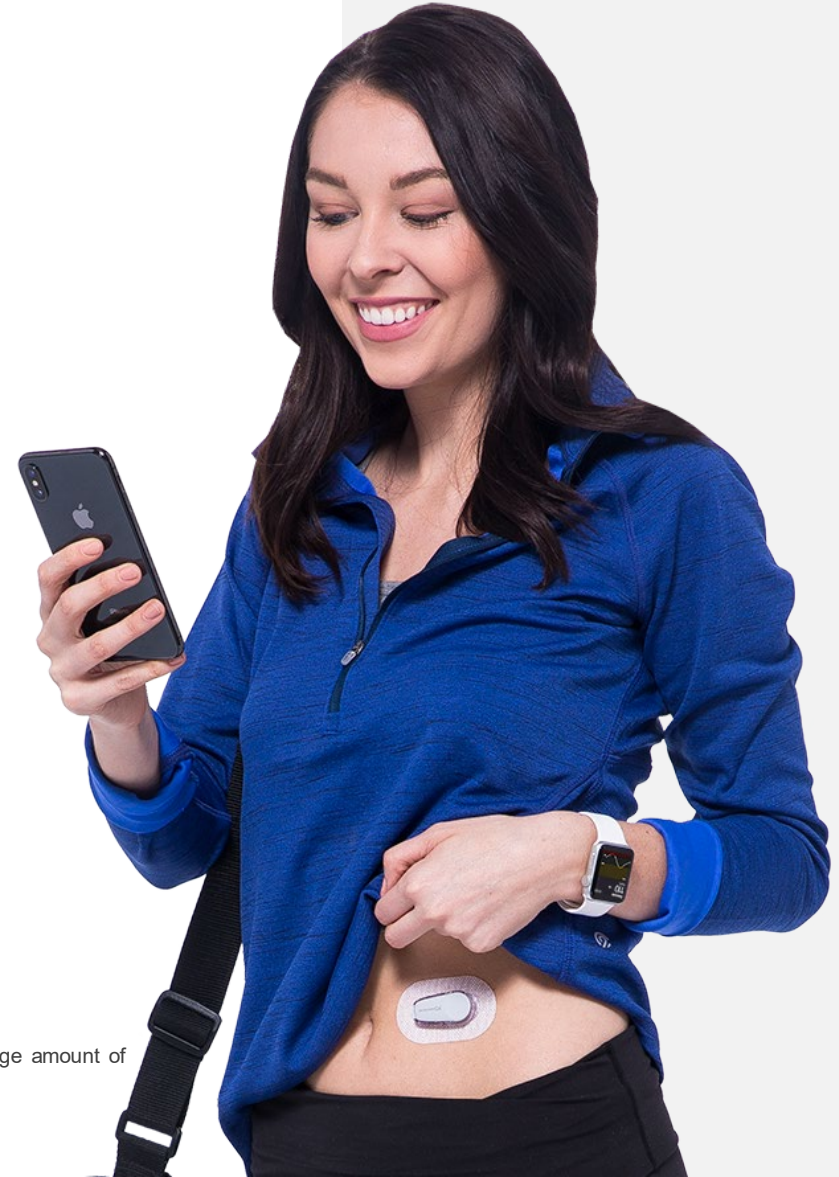
welcome

Today we will cover:

- Setting expectations
- Setting up your app
- Inserting your sensor and attaching your transmitter
- Starting your sensor and completing your 2-hour warmup
- Features of the Dexcom G6 app
- Removing your sensor and transmitter

Value of Dexcom G6

- Real time glucose readings every 5 minutes
- Take action to help avoid high or low glucose values
- No fingersticks needed to make diabetes treatment decisions*
- Share live readings with loved ones[§]
- Help you identify trends and patterns
- Automated data upload to your HCP[†]



*If your glucose alerts and readings from the G6 do not match symptoms or expectations or you're taking over the recommended maximum dosage amount of 1000mg of acetaminophen every 6 hours, use a blood glucose meter to make diabetes treatment decisions.

§ An internet connection and the separate Follow app is required to receive glucose readings.

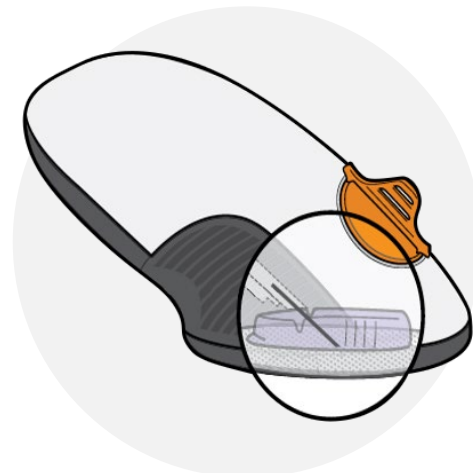
† An internet connection is required to send glucose data to Dexcom Clarity via a compatible smart device: dexcom.com/compatibility.

overview



DEXCOM G6-APP

Shows glucose information
For a list of compatible devices see:
dexcom.com/compatibility



APPLICATOR WITH SENSOR

Applicator inserts the sensor wire under
your skin
Sensor gets glucose information
Wear for 10 days

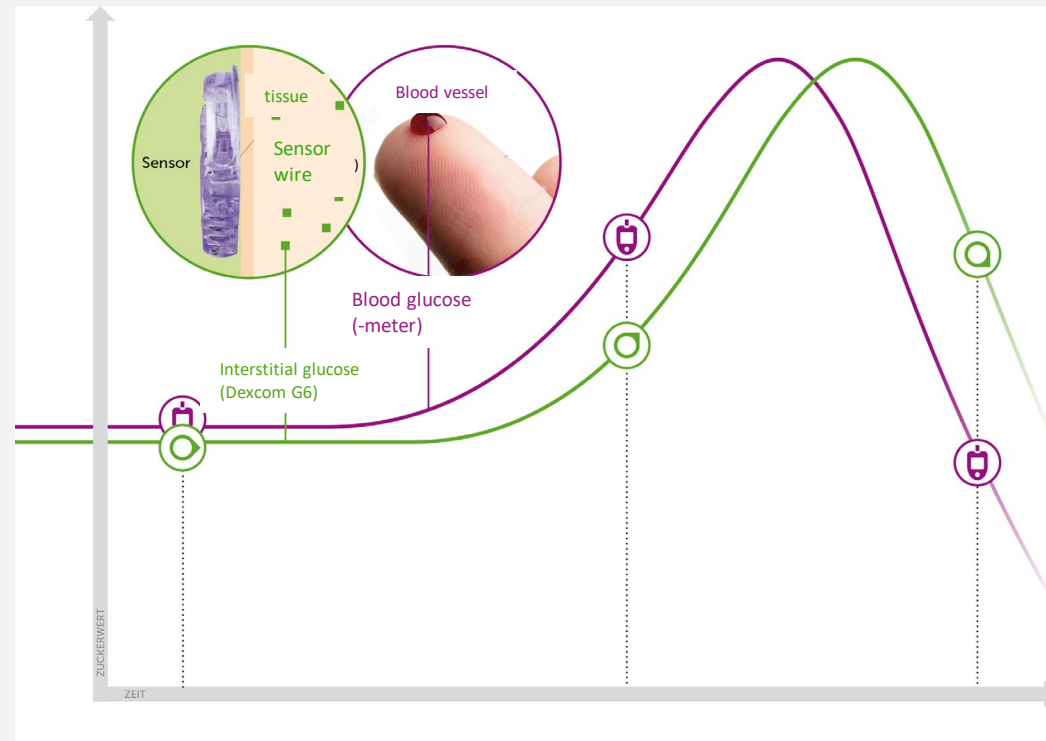


TRANSMITTER

Sends glucose information from sensor
to Dexcom G6 app
Use for 3 months

setting expectations

- Two different types of body fluids: interstitial fluid (Dexcom G6) and blood (meter)
- Readings can be different and still be considered accurate



Intro to Dexcom apps

DEXCOM G6 APP

- Who uses it? The person wearing the Dexcom G6
- What does it do? Shows user's glucose information

DEXCOM CLARITY APP

- Who uses it? G6 user wearing the transmitter and sensor
- What does it do? Review key metrics, create reports, or authorize data sharing with your clinic.

DEXCOM FOLLOW-APP

- Who uses it? Someone who wants to view Dexcom G6 users data. Examples: Parents, spouse, or caregivers.
- What does it do? Allows a person to view and follow the glucose levels and trends of a loved one.[†]



G6 APP



DEXCOM CLARITY APP



DEXCOM FOLLOW APP

App setup: Install the Dexcom G6 app

- Download the app from your app store
- For a list of compatible devices see dexcom.com/compatibility
- Alternatively, you can get started with the Dexcom G6 receiver

dexcom G6



G6-APP



mobile phone software settings

For Alarm/Alerts to work as expected:

- Do not use the Android Pause feature with the Dexcom app
- Set device operating system (OS) Battery Optimization setting to OFF for Dexcom app
- Set device OS Automatic Updates setting to OFF
 - Settings > Software updates > manual

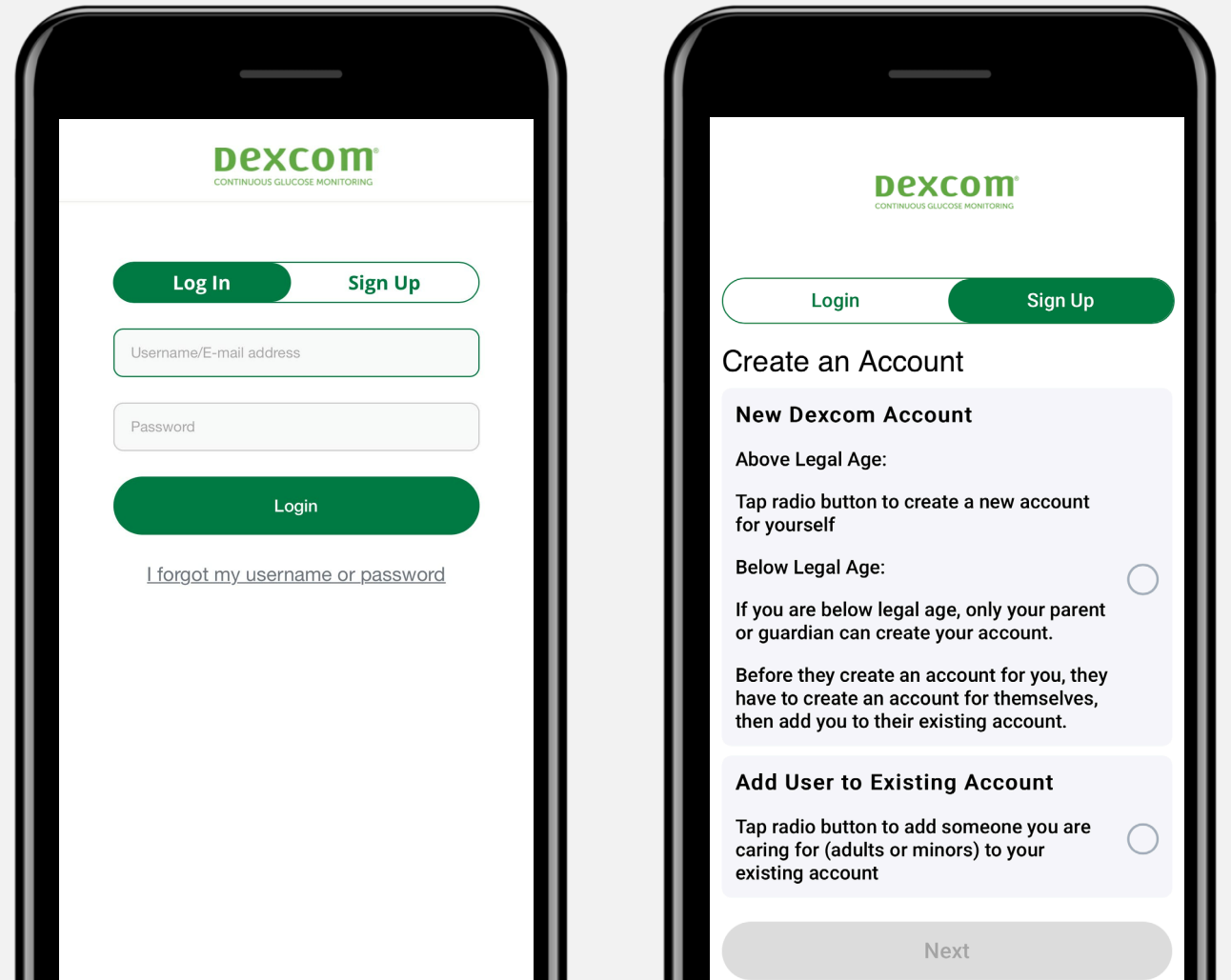
Always manually update device OS, then open Dexcom app to verify it's working correctly.

For more information about OS support visit dexcom.com/compatibility

App setup:

Login

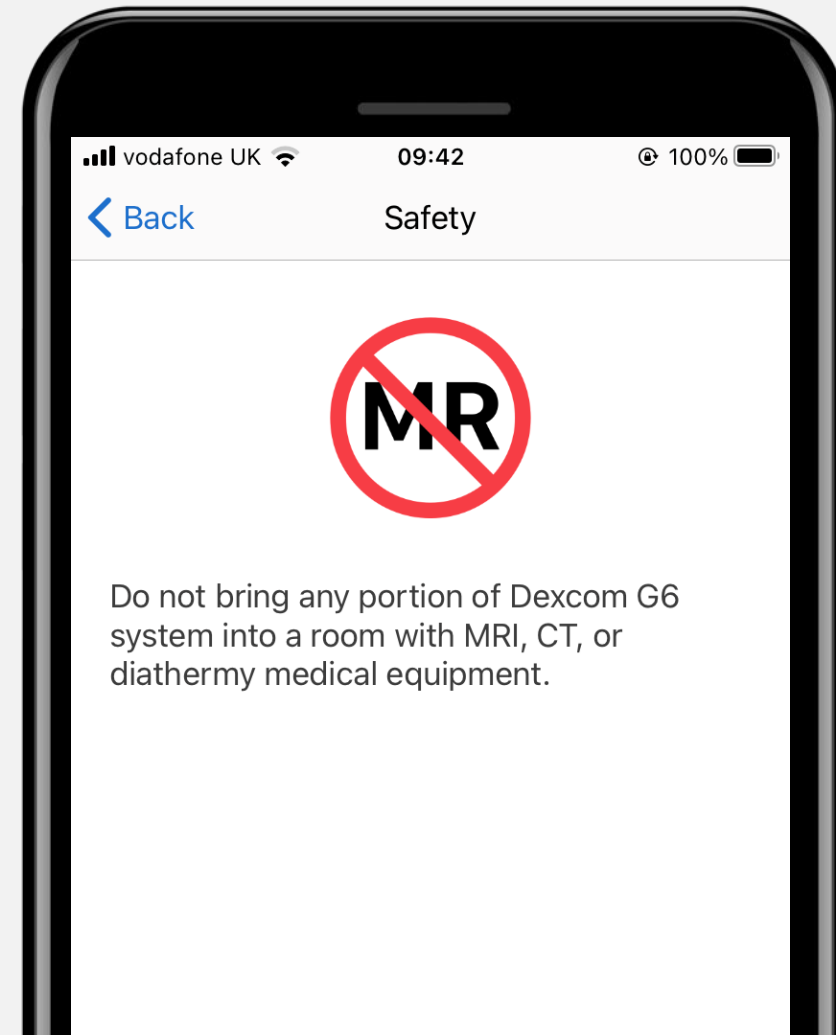
- Login using existing Dexcom account or create a new account



app setup

The app will now walk you through:

- Data consent
- Welcome video
- CGM Based Treatment decision Video
- MRI Warning
- Alerts and alarms



data consent

You will need to consent to send your data to the cloud.

Should you decline, you would not be able to:

- Share data with followers*
- Use Dexcom Clarity
- Import alerts and other app settings to their smart device
- Enable Dexcom technical support to access personal data to help with any problems

alerts for low and high glucose

- Low and high glucose alerts tell you when your readings are outside your target ranges
- Can be customized or turned off in settings



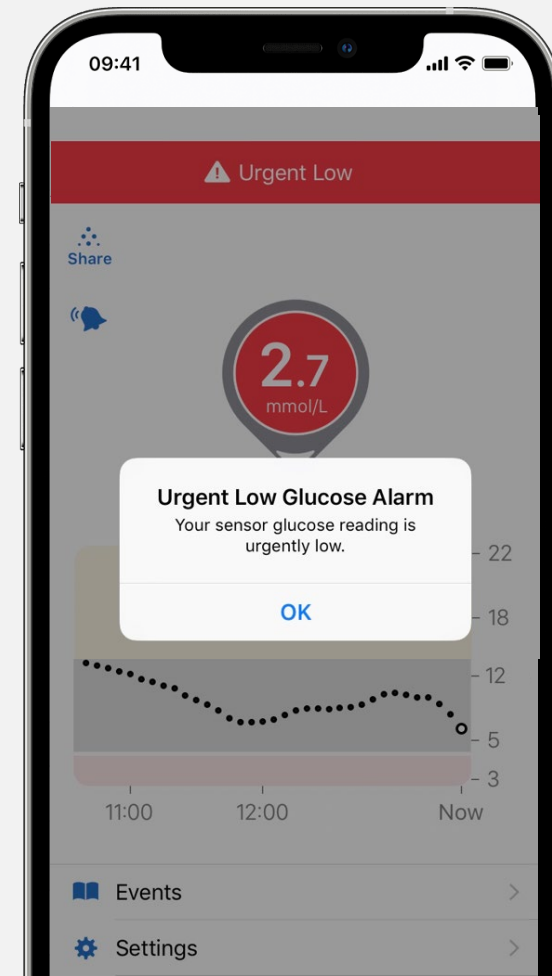
urgent low soon alert

- Notifies when your sensor glucose will be at or below 3.1 mmol/L within 20 minutes
- Can be turned off in settings



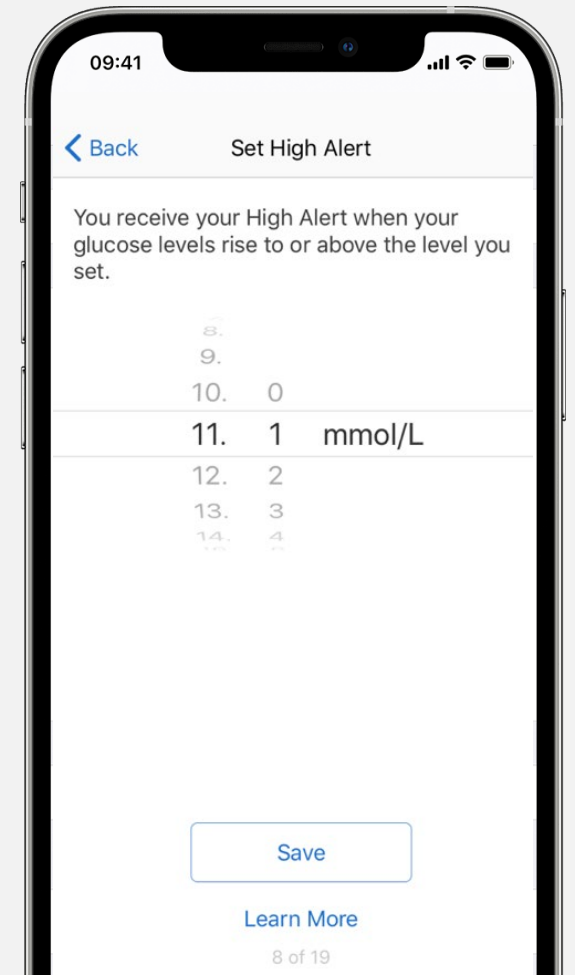
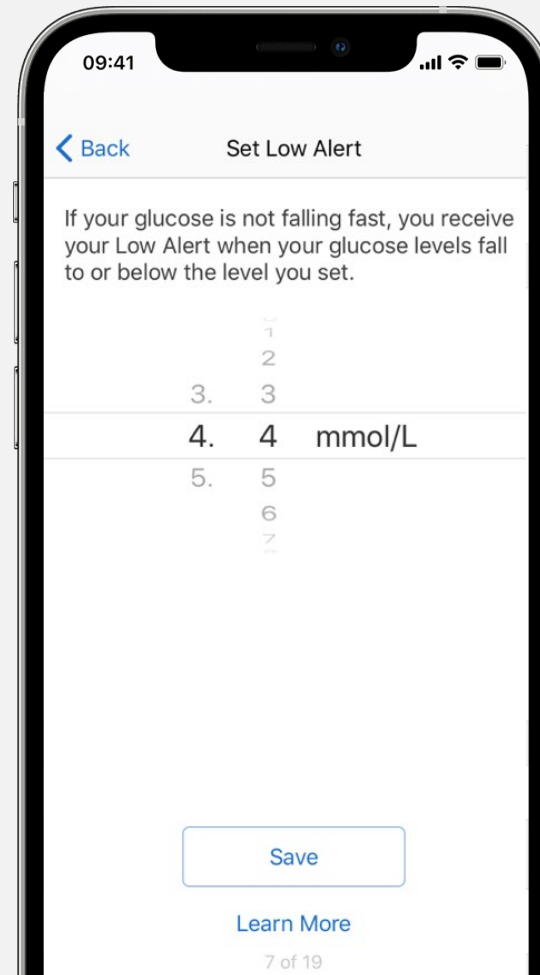
urgent low alarm

- Notifies when your sensor glucose is at or below 3.1 mmol/L
- Can't change or turn off



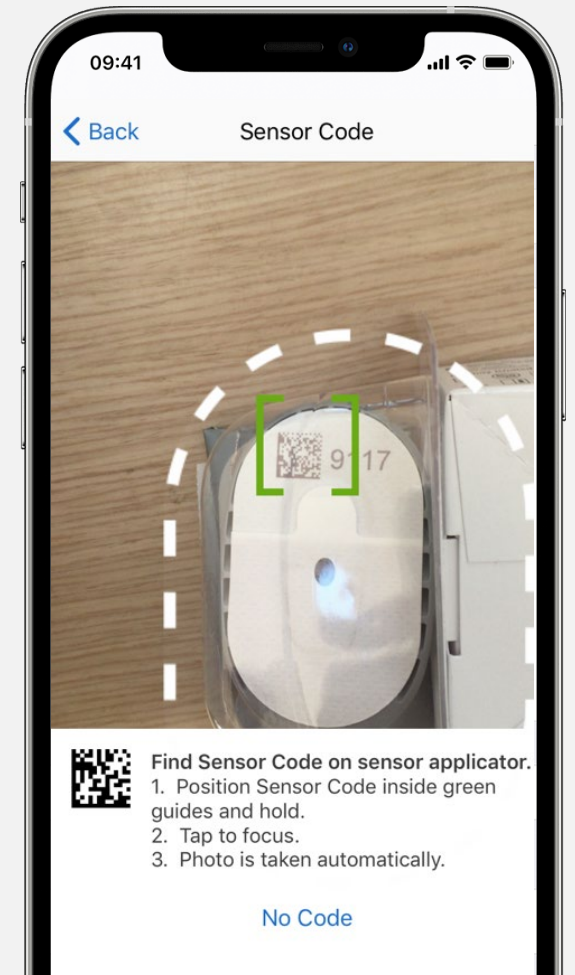
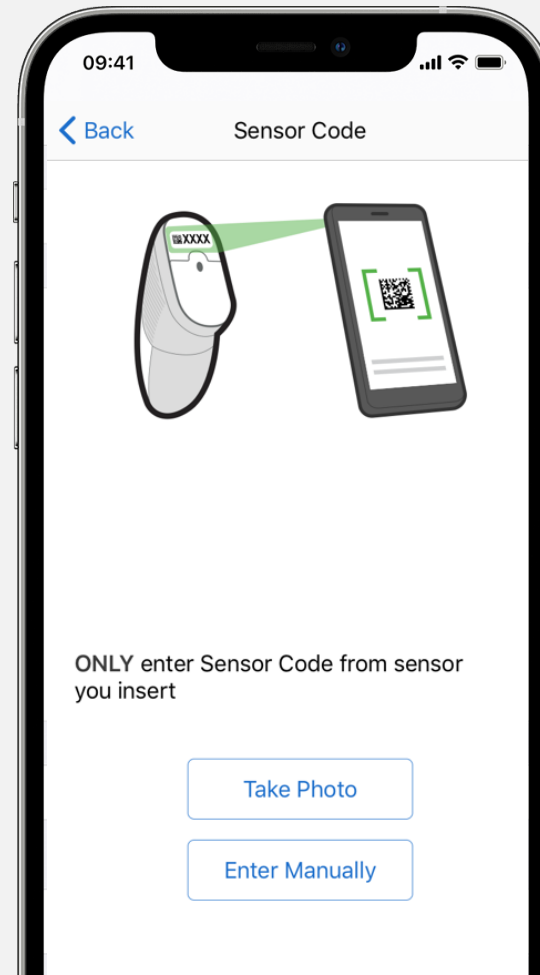
set high and low alert

- Set your low alert here
- Set your high alert here
- Work with your healthcare professional to determine which low and high alert would be best for you
- These alerts may need adjustments over time



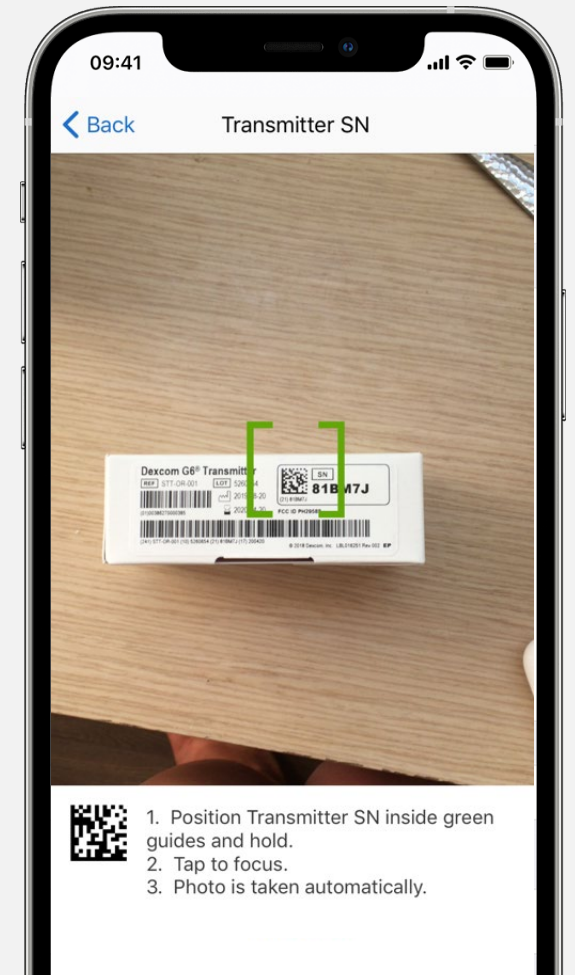
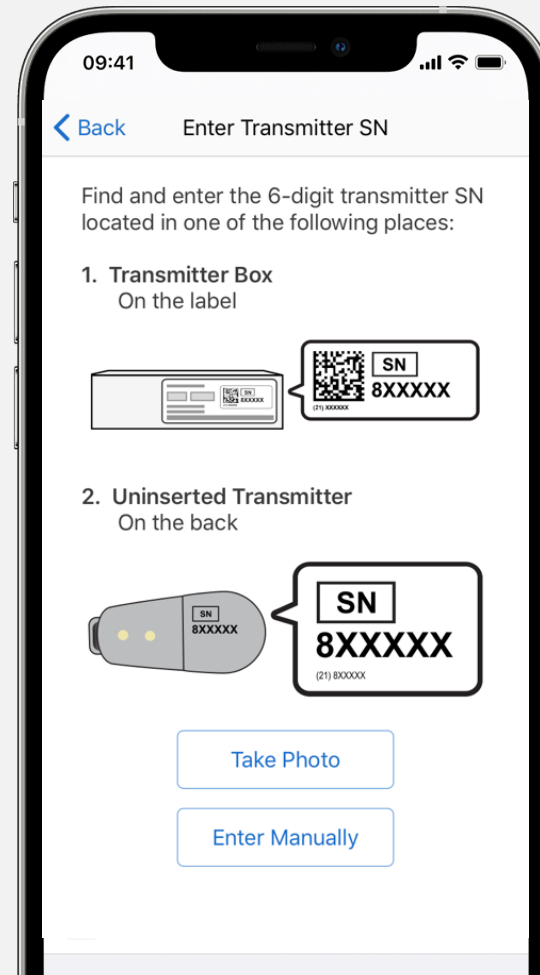
enter sensor code

- When prompted, enter your sensor code
- Only enter the sensor code from the sensor you are going to insert
- Keep the sensor information



enter transmitter SN

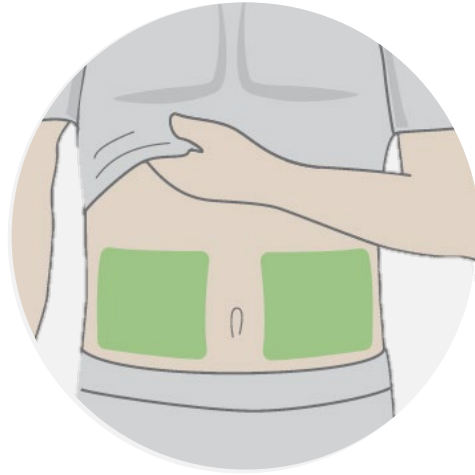
- When prompted, enter your transmitter serial number (SN)
- Keep the serial number of the transmitter



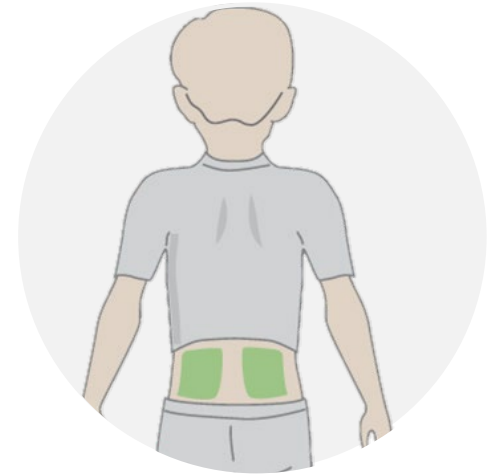
tips for inserting the **sensor**



2 YEARS AND UP



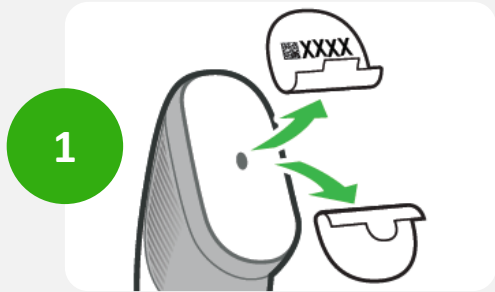
2 YEARS AND UP



2-17 YEARS ONLY

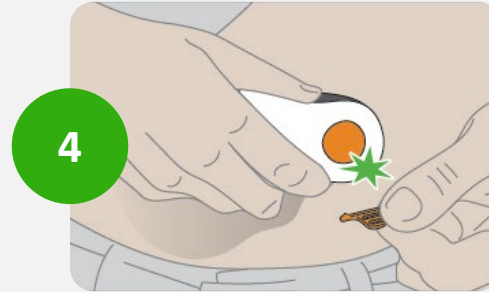
Avoid scars, hair, tattoos, irritation, boney areas, areas where the sensor can be rubbed (waist band, seat belt), and at least 7.5 cm from insulin injection sites. Wash hands and clean insertion site with alcohol.

Inserting the sensor



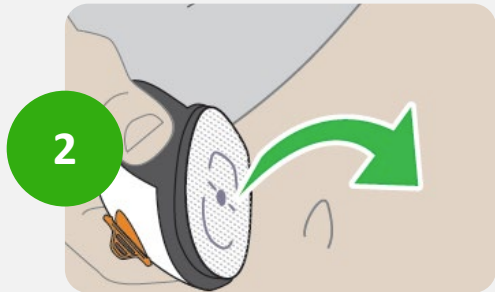
1

Remove both labels



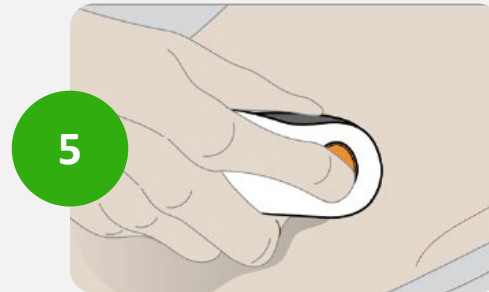
4

Fold and break off safety guard



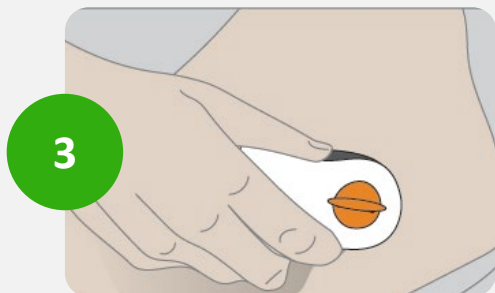
2

Move applicator to sensor site



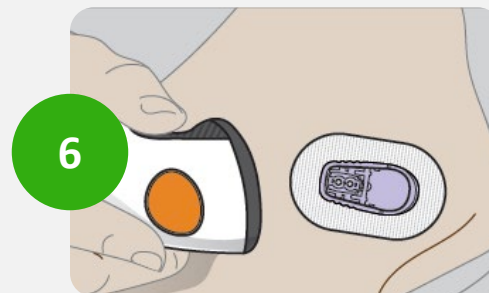
5

Press button to insert



3

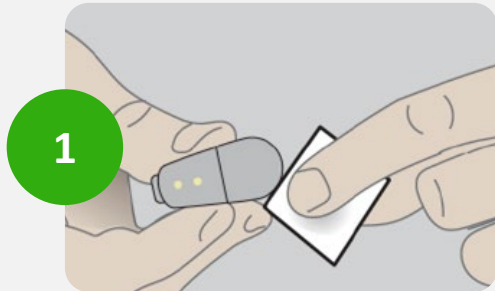
Place adhesive on skin



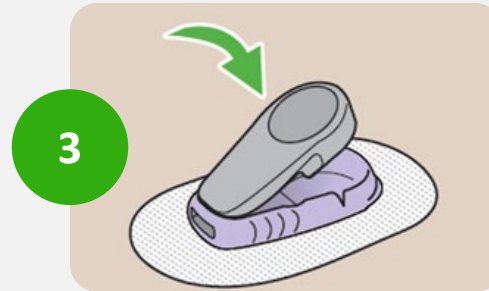
6

Discard applicator

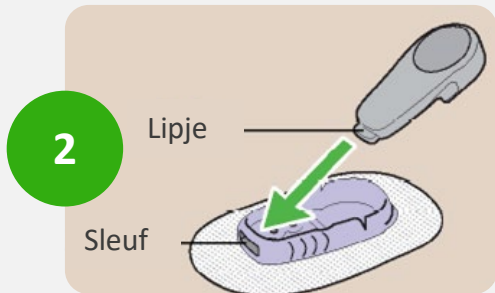
attaching the transmitter



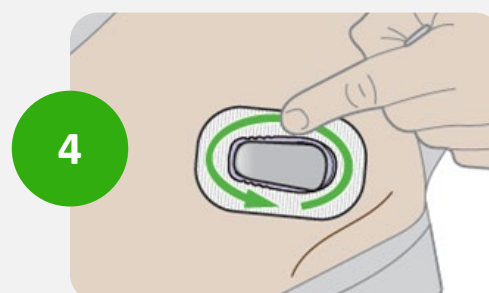
Clean transmitter with alcohol



Snap transmitter firmly into place



Insert transmitter tab into slot



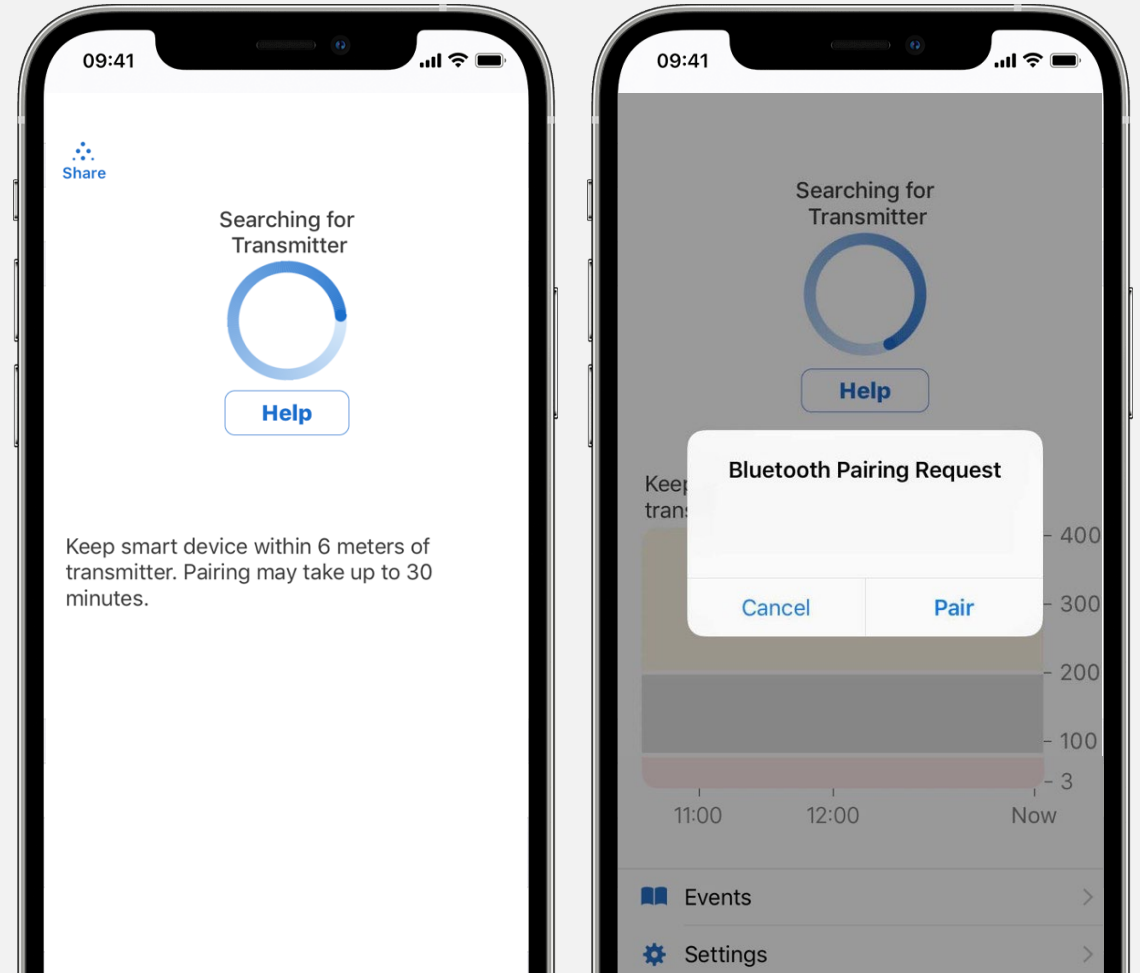
Rub around the patch 3 times

Once the transmitter is snapped in you can shower or swim like normal but for best adhesion you might want to wait a while before getting the patch wet.*

*water-resistant up to 24 hours and 2.4 meters

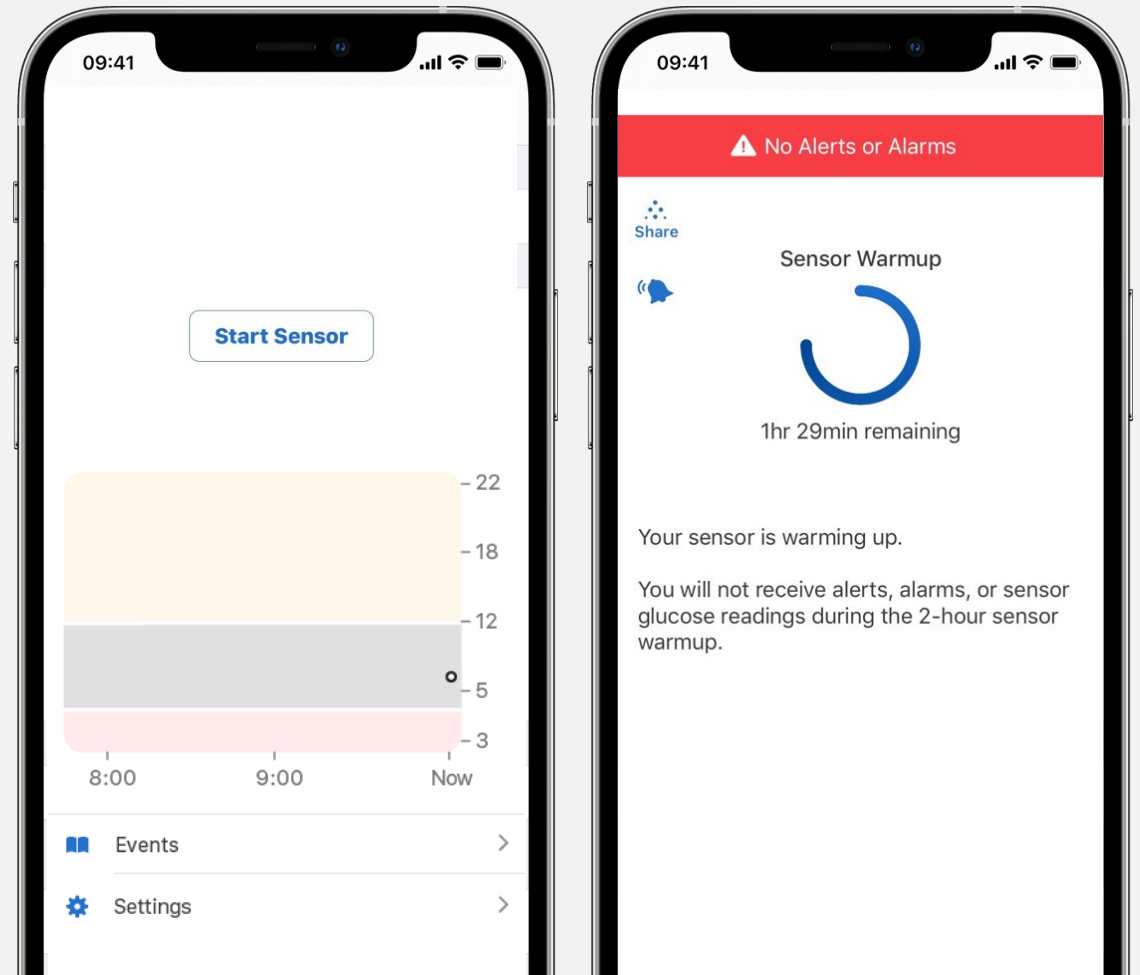
pairing

- Once you attach your transmitter it needs to be paired

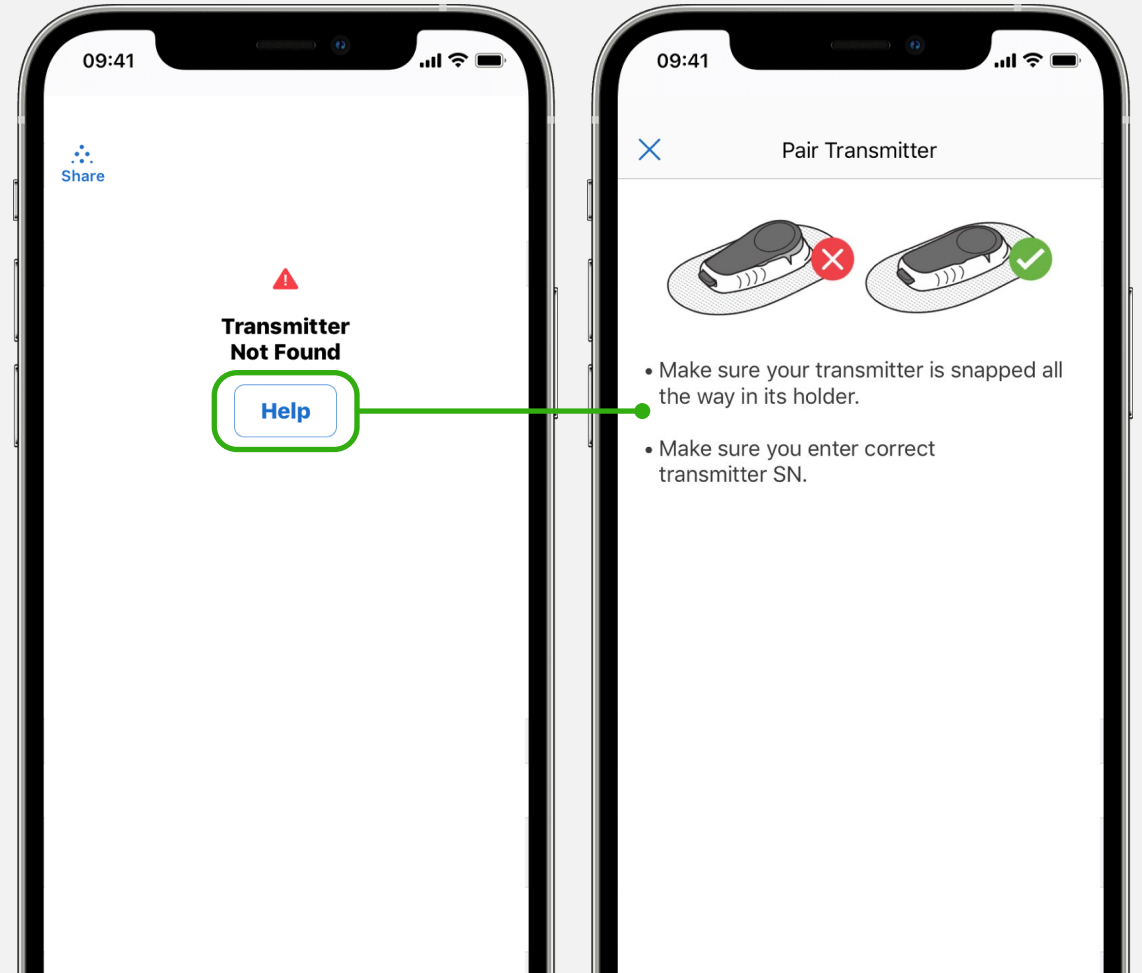


start sensor

- Tap Start Sensor to begin 2-hour sensor warmup
- There will not be any glucose readings or alerts until warmup period has ended
- Keep smart device within 6 meters of the transmitter during the sensor warmup
- Keep app open in background

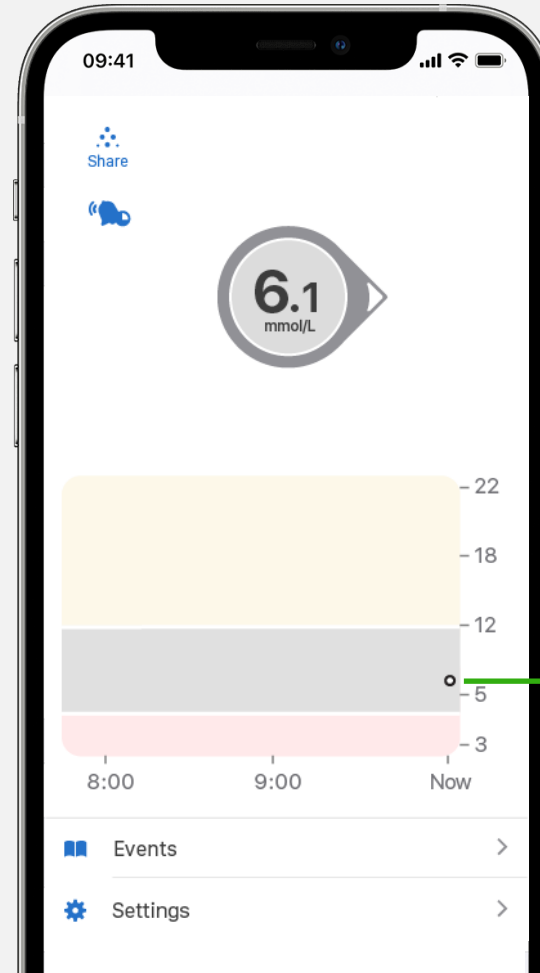


troubleshooting



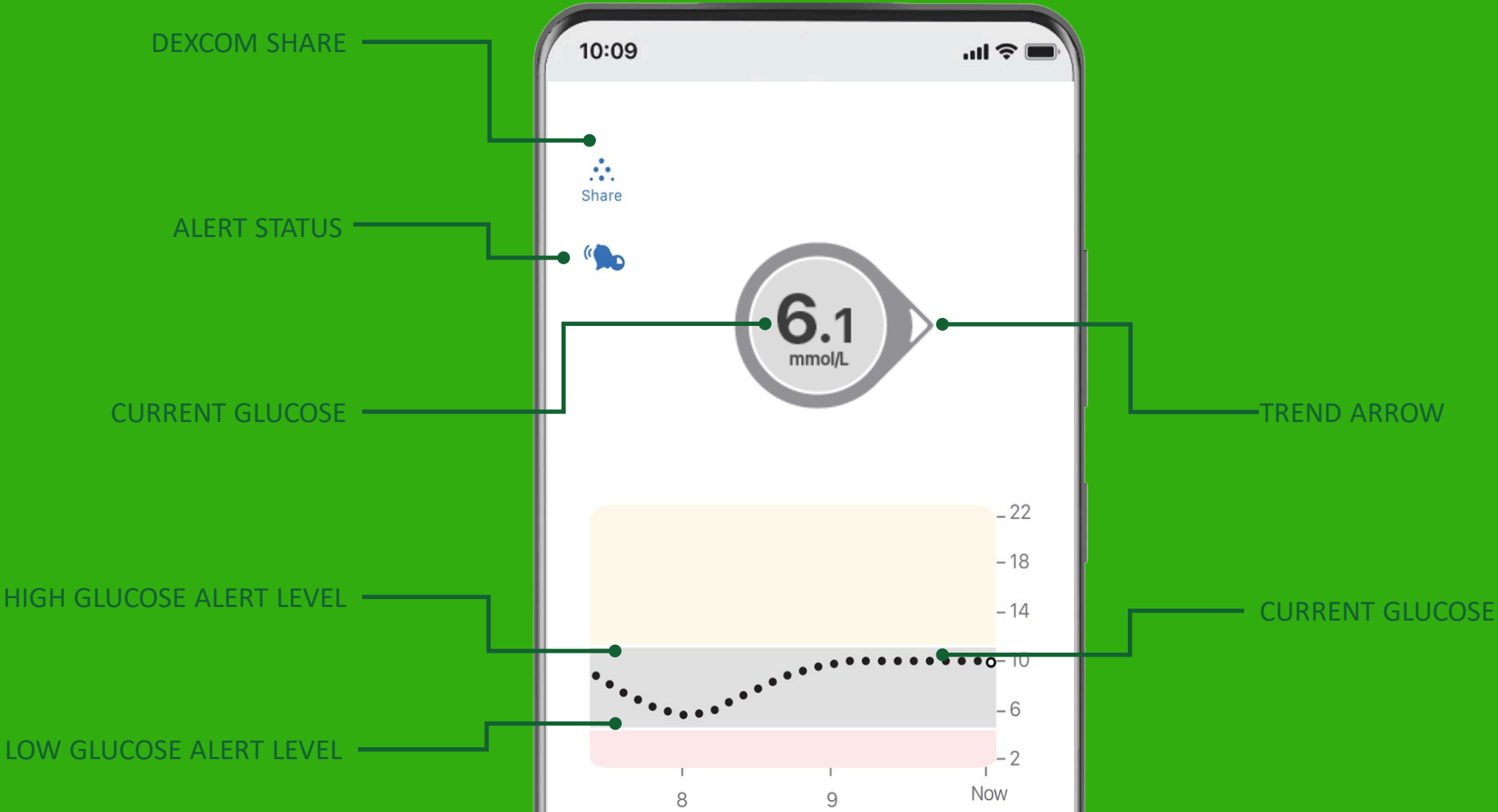
beginning of trend graph

- After the 2-hour warmup your first reading will appear
- The app must be within 6 meters of the transmitter to receive glucose information



First reading

Viewing the app trend screen



trend arrows



CONSTANT

Changing less than 0.06 mmol/L per minute or up to 0.8 mmol/L in 15 minutes



SLOWLY RISING

Rising 0.06-0.1 mmol/L per minute or up to 1.7 mmol/L in 15 minutes



RISING

Rising 0.1-0.2 mmol/L per minute or up to 2.5 mmol/L in 15 minutes



RAPIDLY RISING

Rising more than 0.2 mmol/L per minute or more than 2.5 mmol/L in 15 minutes



SLOWLY FALLING

Falling 0.06-0.1 mmol/L per minute or up to 1.7 mmol/L in 15 minutes



FALLING

Falling 0.1-0.2 mmol/L per minute or up to 2.5 mmol/L in 15 minutes

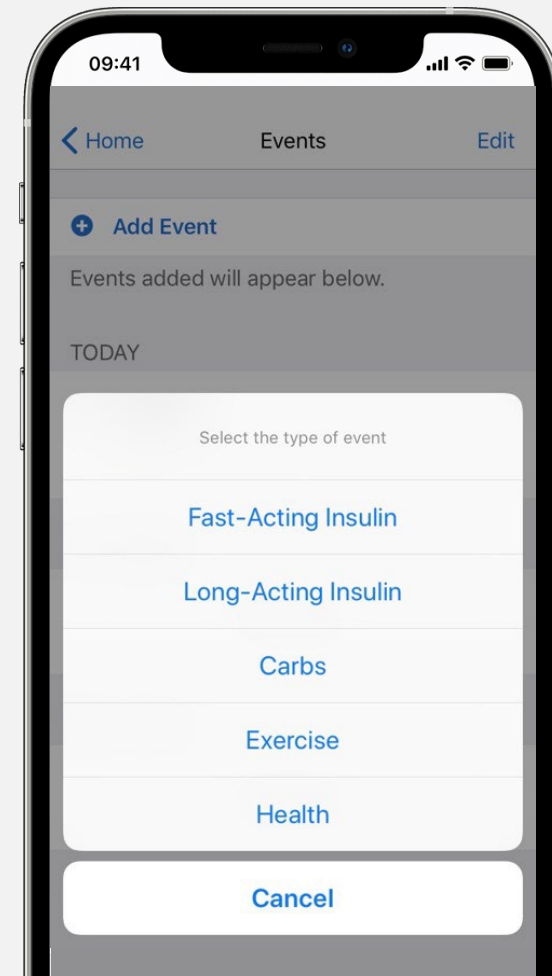


RAPIDLY FALLING

Falling more than 0.2 mmol/L per minute or more than 2.5 mmol/L in 15 minutes

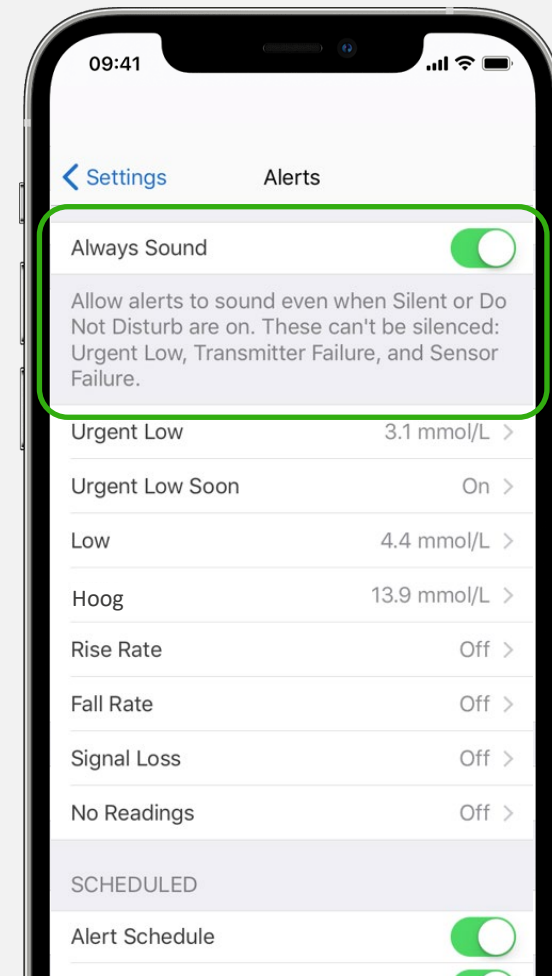
events

- An Event is an action or situation that affects glucose levels
- Once entered, events can be viewed in Dexcom CLARITY reports or landscape view on the app



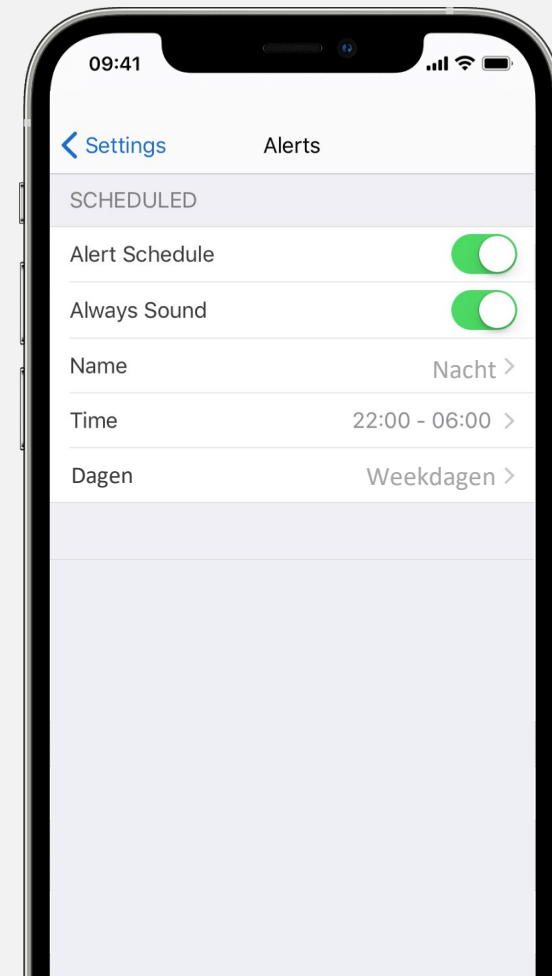
always sound

- Always Sound ensures Alerts will sound when your device is on silence or Do Not Disturb
- Except for Android where all alerts and alarms will be silenced when using Do Not Disturb

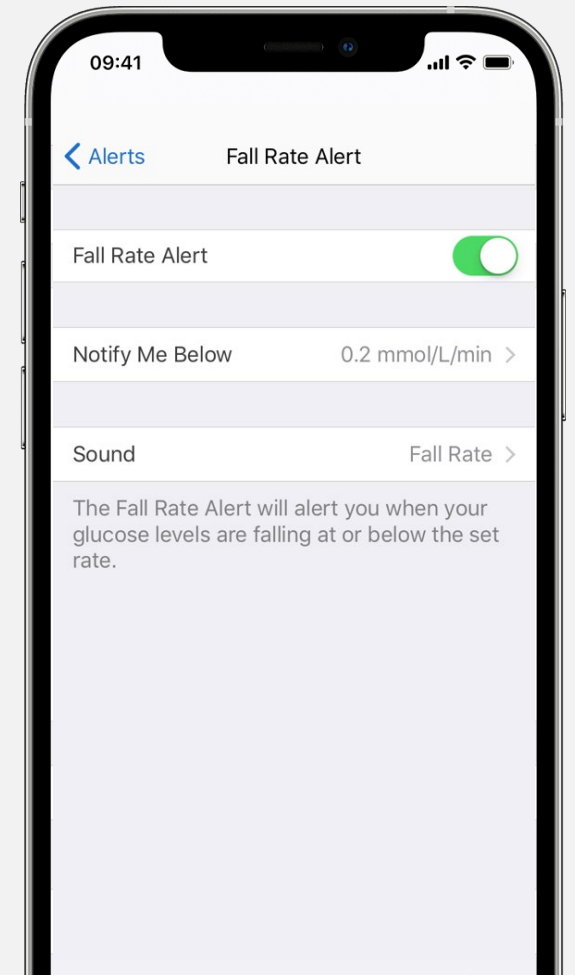
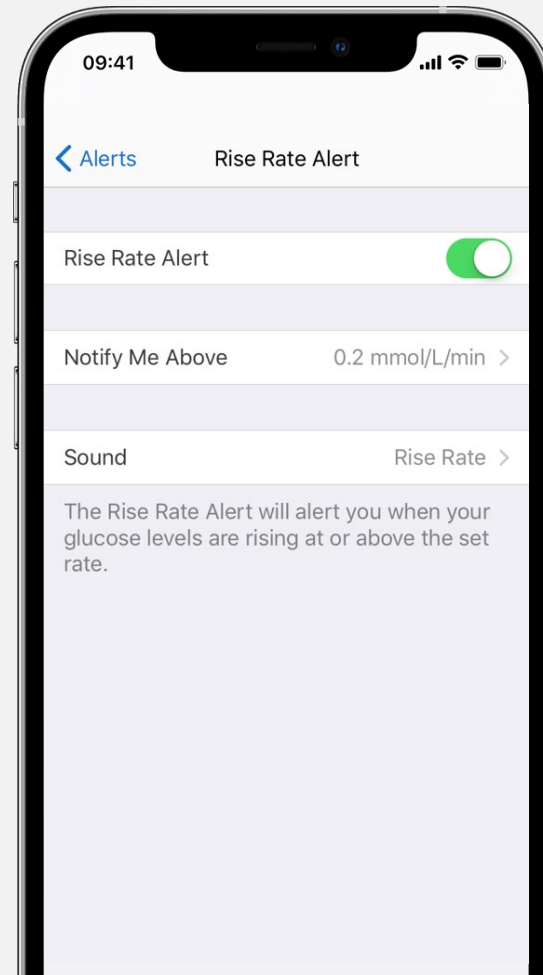


alert schedule

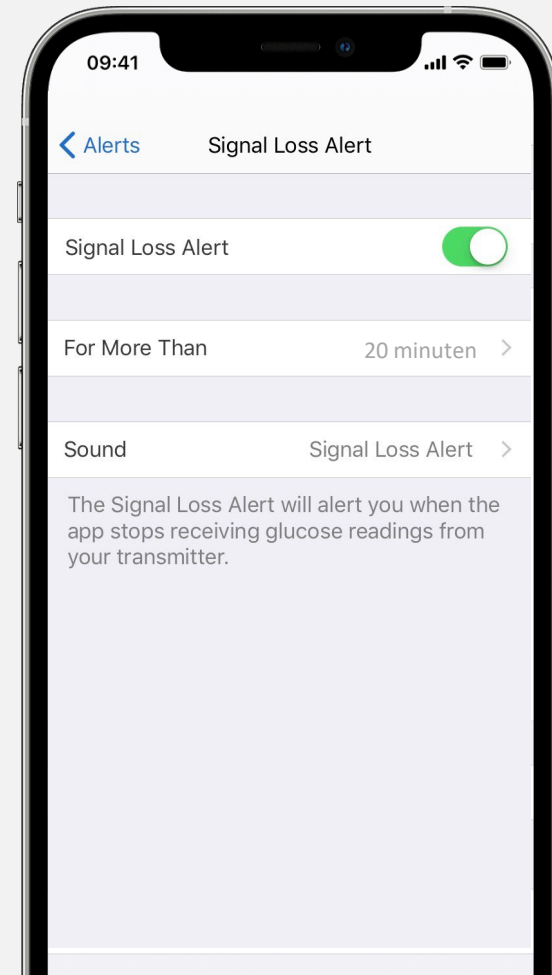
- Schedule and customize a second group of alerts
- Example: Set alerts to vibrate during the day, sound at night
- Example: Set more alerts during the weekdays, less alerts during the weekend



rise/fall alerts

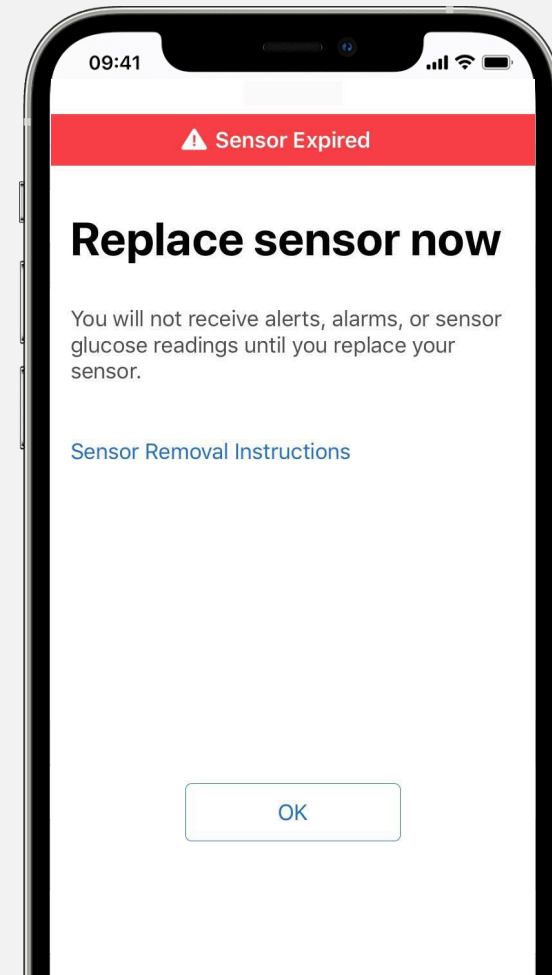


alert **signal loss**

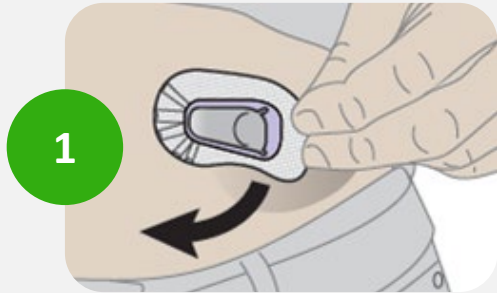


ending sensor session

- Your sensor automatically shuts off after 10 days
- Your app will alert you 24 hours, 6 hours, 2 hours and 30 minutes before this happens
- Do you want to stop your sensor earlier? Go to Settings > Stop sensor

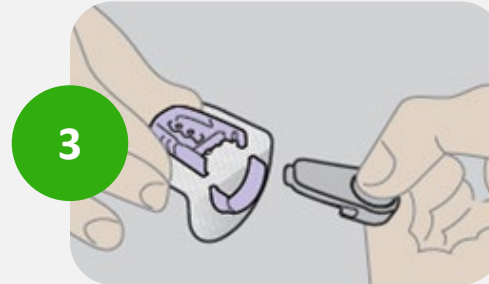


Removing sensor and transmitter



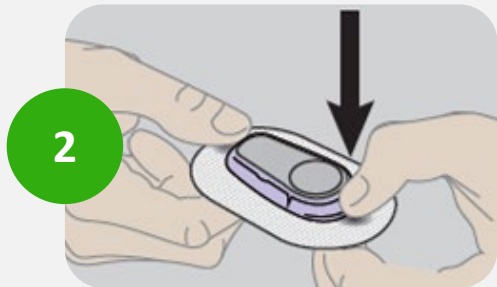
1

Peel the patch off like a bandage



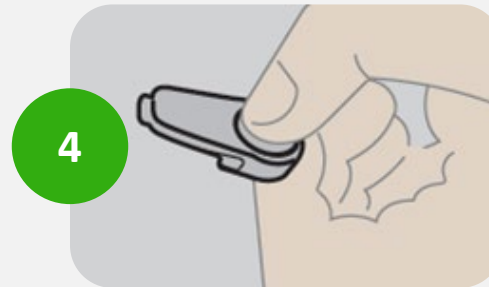
3

Slide transmitter straight out of transmitter holder



2

Bend and break the lip to release the transmitter



4

Keep transmitter for next sensor session

- Enter new sensor code to start a new sensor session
- 2x the same sensor code? Wait 10 min between the sessions

pair new transmitter

- The transmitter lasts up to 90 days
- Alerts 3 weeks, 2 weeks and one sensor session before expiry

Go to:

Menu> Settings > Transmitter> Pair new > New sensor code (XXXX) > New Transmitter SN (XXXXXX)

- Sensor and transmitter always need to be replaced together

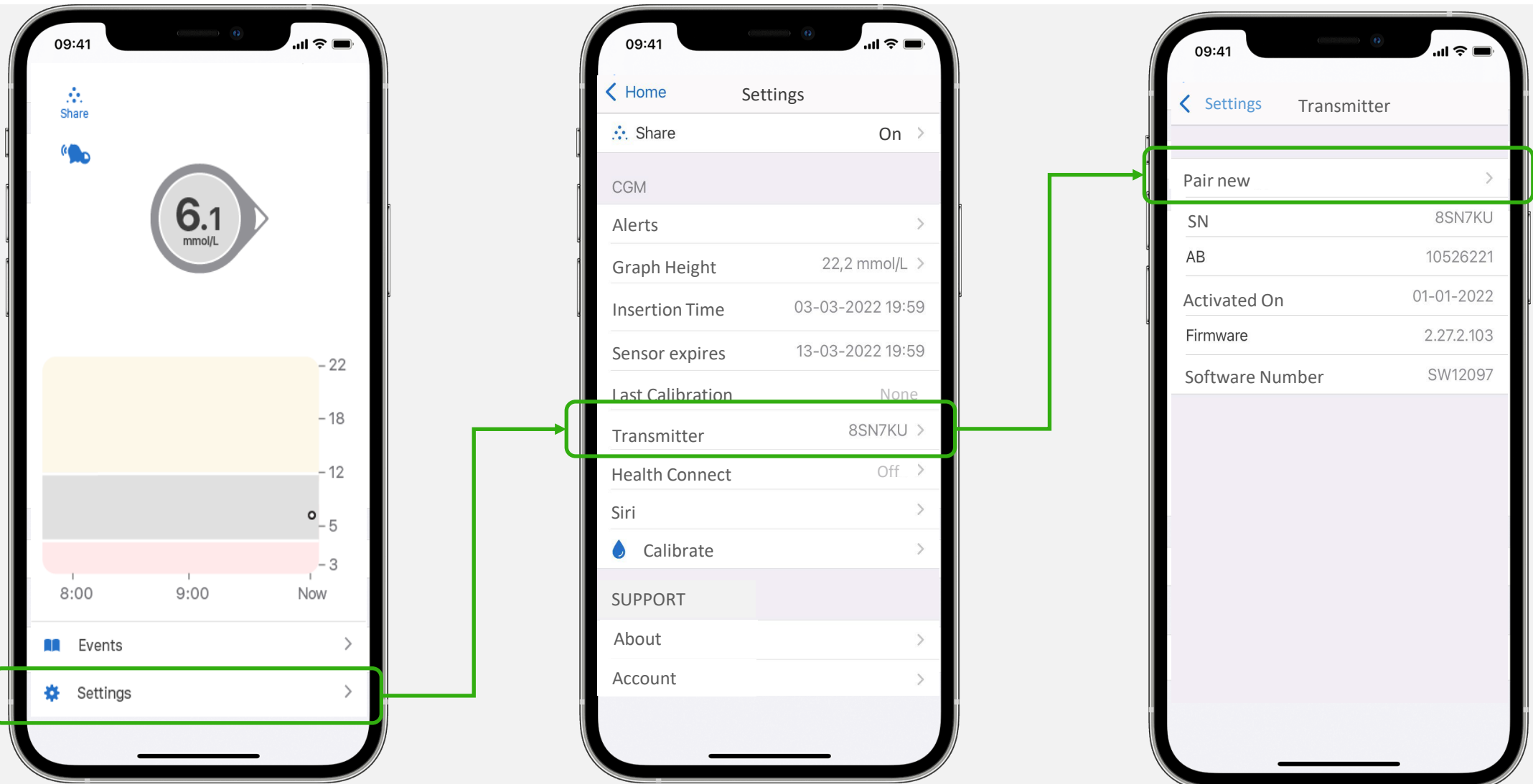
You can only enter a new transmitter serial number when there is no active sensor session.

During an active sensor session 'Transmitter serial number' cannot be selected in the settings.

If you don't see 'Transmitter serial number' in the settings, select STOP SENSOR first.



pair new transmitter



diabetes **treatment decisions**



No number or arrow? Always use your meter.



Symptoms don't match readings? Use your meter.

Dexcom SHARE

- Dexcom Share is a feature within the Dexcom G6 app that allows one person, (the Sharer) to remotely transfer their glucose information to others (Followers)



GEGEVENS BEVEILIGD NAAR
VOLGERS VERZONDEN

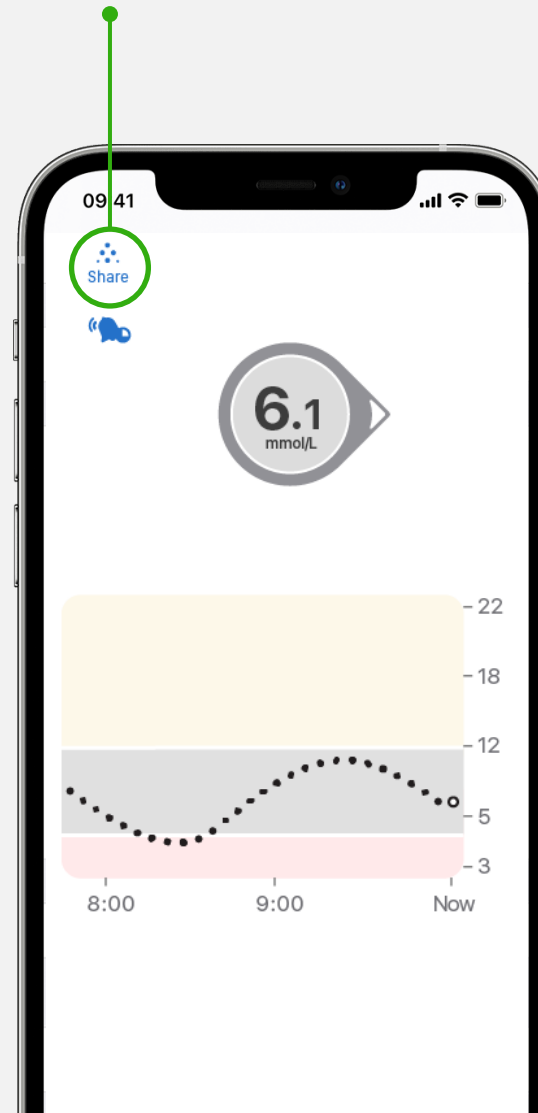


VOLGERS (OUDERS, VERZORGERS ENZ.)
MOETEN DE APARTE DEXCOM FOLLOW-APP
DOWNLOADEN

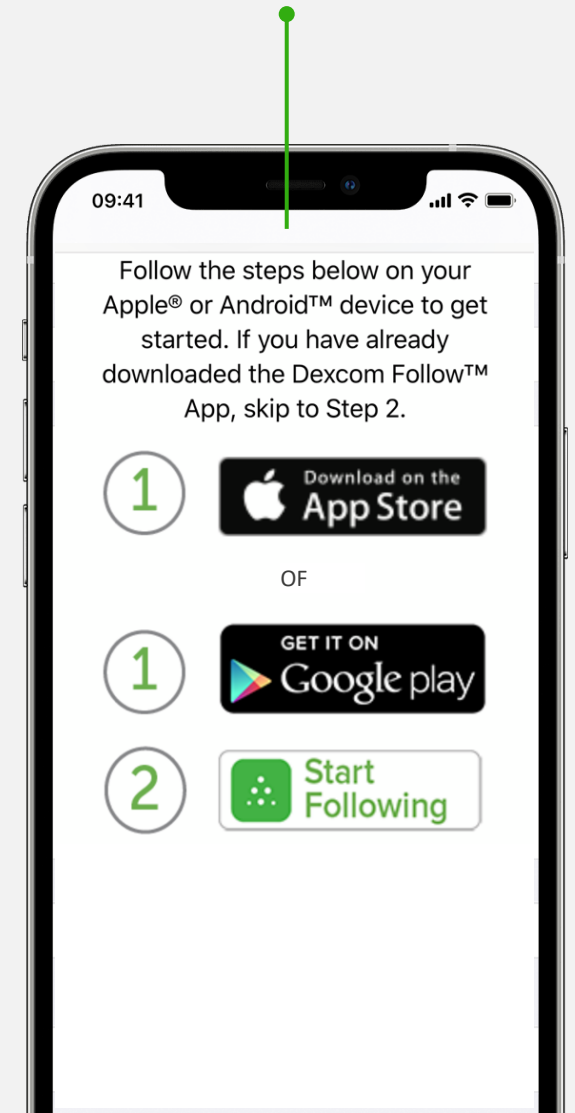
Setting up Dexcom SHARE

- Click Share icon to set up
- The app will walk you through inviting a Follower
- An email will be sent to the Follower
- The Follower will need to download the Dexcom Follow app and accept the invitation
- The Follower can edit their own notifications, they cannot edit notifications on the Sharer's app

Click to invite
Followers



Example of e-mail invite sent to
Followers



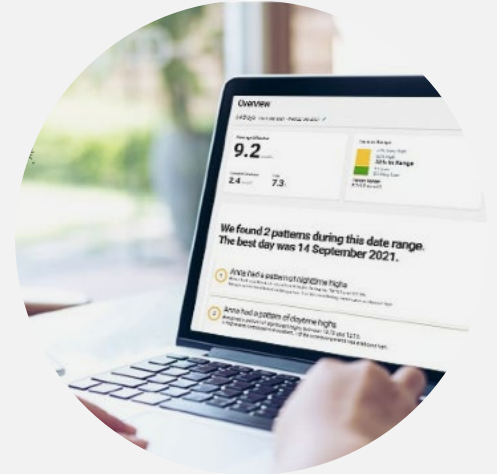
Dexcom CLARITY app

- Download the Dexcom CLARITY app to track your progress, receive weekly notifications of statistics, and share data with your clinic
- When you use the Dexcom G6 app, your glucose data is automatically sent to your CLARITY account



Dexcom CLARITY

- Log in at clarity.dexcom.eu
- Use your current Dexcom login
- Free to use



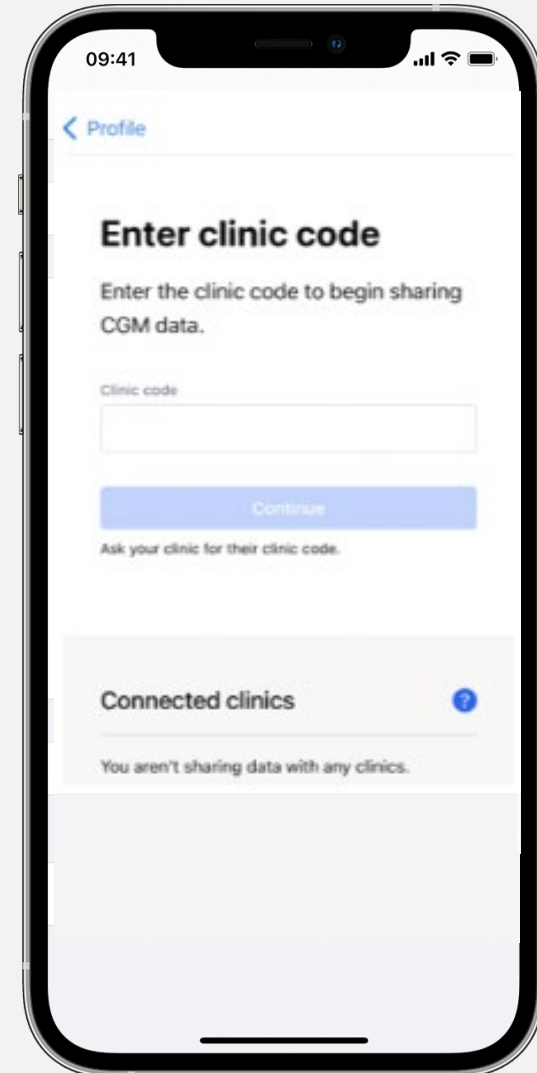
Dexcom CLARITY

SHARE DATA USING THE DEXCOM CLARITY APP

- Login at the Dexcom CLARITY app with your Dexcom account
- Go to Profile > Manage data sharing
- Enter the sharing code you received from your healthcare provider

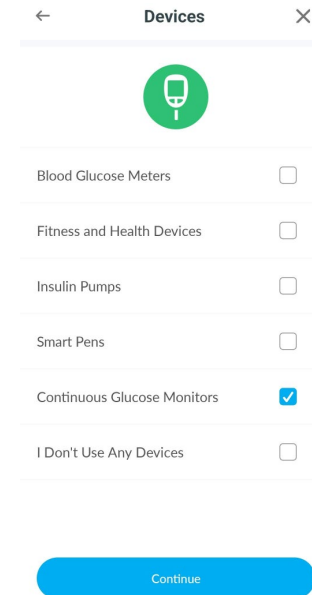
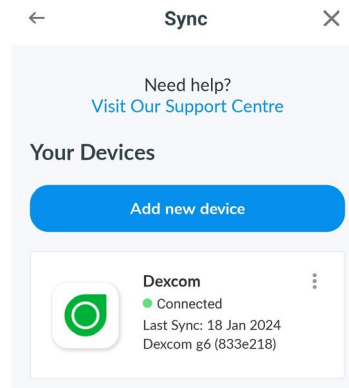
SHARE DATA USING THE DEXCOM CLARITY WEBSITE

- Login at Dexcom CLARITY at clarity.dexcom.eu/share
- Go to Settings > Data sharing with clinics
- Enter the sharing code you received from your healthcare provider



integration to *glooko*

- Open your **Glooko app** on your smartphone and log in with your **Glooko account** or register a new account
- **Click Sync device** on your home screen, then click **Add new device**
- Tap to place a checkmark (✓) in the box next to **Continue glucose monitors**, then click Continue
Then tap to place a checkmark (✓) in the box next to **Dexcom**
- To complete the synchronisation, **log in** with your **Dexcom account** or **register** with a new Dexcom account



optional skin adhesive **and timing**

OPTIONAL SKIN ADHESIVE

- Create an empty oval on the skin with the skin adhesive, such as Mastisol or SkinTac
- Let skin adhesive dry
- Insert sensor on clean skin in center of oval.

TIMING

- Skin types vary, and for some people, it may take a while – overnight, for example – for the patch to fully dry and stick. During that time, keep your skin dry and avoid doing things that would make you sweat. If inserting a new sensor before bed, make sure you're through the warmup before you go to sleep.

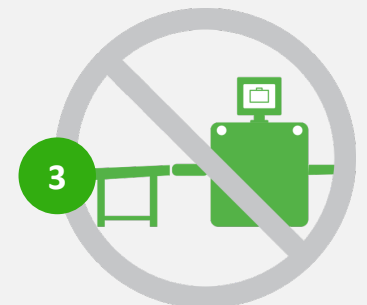
sunscreen and **insect repellent**

Some skin care products, such as sunscreens and insect repellents, can make the plastic used in Dexcom G6 crack. After using skin care products, wash hands before touching the G6. If any skin care products get on your Dexcom G6, immediately wipe with a clean cloth.



security and travel

- 1 Use walk-in metal detectors or be hand-wanded
- 2 Don't use full body scanners
- 3 Don't put components through baggage x-ray machines



contraindications – MRI/CT/Diathermy

Sensor and transmitter must be removed before:

- 1 Magnetic Resonance Imaging (MRI)
- 2 Computed Tomography (CT) scan
- 3 High-frequency electrical heat (diathermy) treatment

Other contraindications: X-ray scans, dialysis



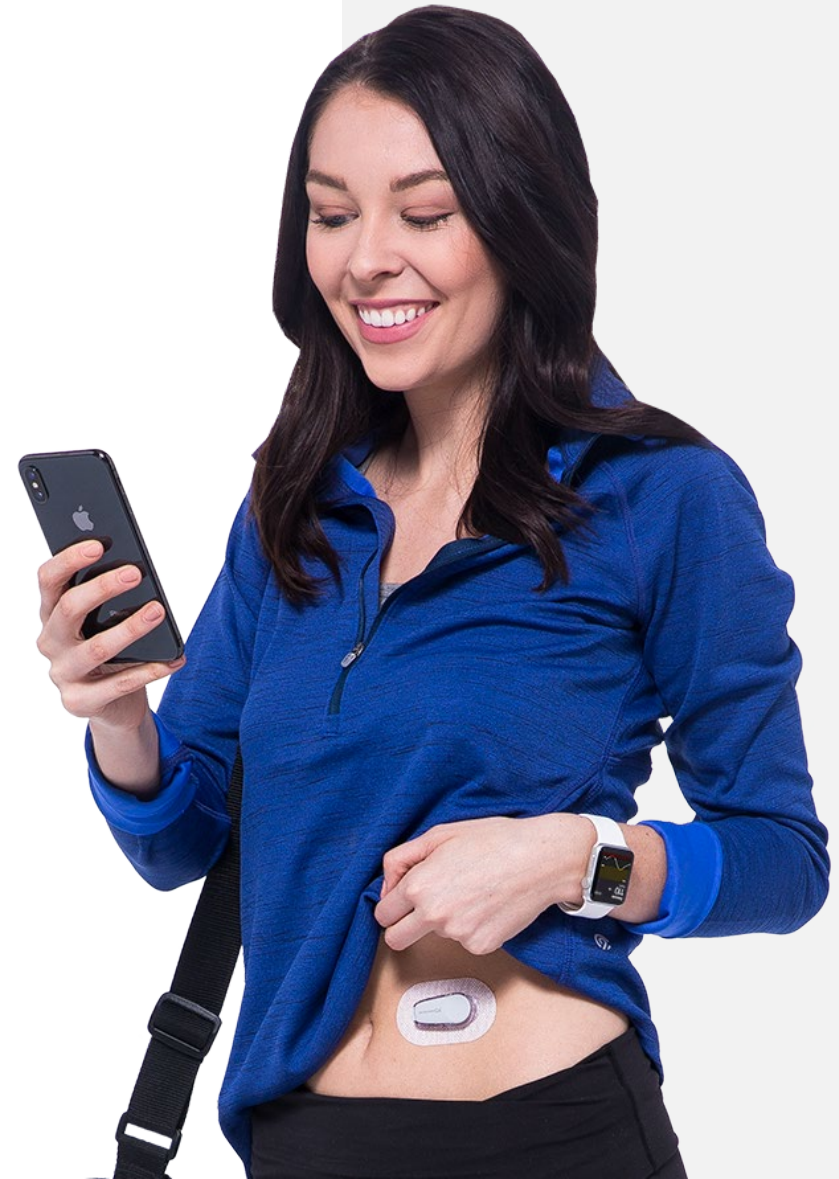
any questions?

Additional support:

Go to dexcom.com to take advantage of instructions for use and resources where you can learn at your own pace to enhance your knowledge. Or watch this training video on dexcomtraining.com.

Tech support:

- Phone: **0800 020 1986 (mon - fri 8:30 – 17:00)**
- www.dexcom.com/ts-nl
- Order free overpatches:
Send your name and adres to training-nl@dexcom.com



Share your thoughts!

Fill in this short survey to share your thoughts about this training with us.
We greatly appreciate your time and feedback!



[Give feedback](#)

