Value of CGM

- Real time continuous sensor readings every 5 minutes
- Can help you identify trends and patterns in your glucose levels
- Allows you to see where your glucose has been, which direction it is going and how fast it is rising or falling
- CGM provides benefits beyond the information you get from your meter*
- Understanding your glucose trends may help you take action to help avoid high or low glucose values

*The Dexcom G5 Mobile CGM System does not replace a blood glucose meter. Always use the values from your blood glucose meter for treatment decisions.

Setting Expectations

- Your Dexcom G5 Mobile and blood glucose meter measure glucose from two different types of body fluids: interstitial fluid and blood.
- Readings can be different and still be considered accurate.

System Overview

Dexcom’s CGM consists of:

1. **Sensor**
   Measures glucose levels just underneath the skin

2. **Transmitter**
   Wirelessly sends data to your display device. Reusable during three month battery life.

3. **Display device**
   Smart device* or receiver. Displays sensor glucose readings, trend graph, direction and rate of change arrow

*For a list of compatible devices see: dexcom.com/compatibility
Choose Your Display Device

Choose the display device(s) you want to receive your sensor glucose information and alerts. Three choices:

- Receiver
- Smart device
- A combination of both

Receiver Overview

[Diagram of a receiver with buttons labeled SELECT, UP, RIGHT, DOWN, LEFT]
Viewing Your Receiver Trend Screen

Keep your receiver charged and refer often to your receiver and sensor glucose readings.

Trend Arrows

Trend Arrows show the direction and speed of glucose change and can only be seen with CGM. Catch highs and lows before they happen.

- **Constant**: 0–50 mg/dL, up or down in ½ hour
- **Slowly Rising**: 30–60 mg/dL, up in ½ hour
- **Rising**: 60–90 mg/dL, up in ½ hour
- **Rapidly Rising**: 90 or more mg/dL, up in ½ hour
- **Slowly Falling**: 30–60 mg/dL, down in ½ hour
- **Falling**: 60–90 mg/dL, down in ½ hour
- **Rapidly Falling**: 90 or more mg/dL, down in ½ hour
Viewing Your Home Screen

- Enter BG Meter Value
- Main Menu
- Glucose Reading
- High Glucose Alert Level
- Low Glucose Alert Level
- Events
- Dexcom Share
- Trend Arrow
- Glucose Ranges
- Current Glucose Reading
- Trend Graph

Trend Arrows

Trend Arrows show the direction and speed of glucose change and can only be seen with CGM. Catch highs and lows before they happen.

- **Constant**: 0-30 mg/dL up or down in ½ hour
- **Slowly Rising**: 30-60 mg/dL up in ½ hour
- **Rising**: 60-90 mg/dL up in ½ hour
- **Rapidly Rising**: 90 or more mg/dL up in ½ hour
- **Slowly Falling**: 30-60 mg/dL down in ½ hour
- **Falling**: 60-90 mg/dL down in ½ hour
- **Rapidly Falling**: 90 or more mg/dL down in ½ hour
Important User Information

Indications for Use
The Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System is a glucose monitoring system indicated for detecting trends and tracking patterns in persons ages 2 years and older with diabetes. The system is intended for use as an adjunctive device in complement, not to replace, information obtained from standard home glucose monitoring devices.

The Dexcom G5 Mobile CGM System aids in the detection of episodes of hypoglycemia and hyperglycemia, facilitating both acute and long-term therapy adjustments, which may minimize these excursions. Interpretation of the Dexcom G5 Mobile CGM System results should be based on the trends and patterns seen with several sequential readings over time.

Contraindications
MR/CT/ Diathermy
Removal of the Dexcom G5 Mobile CGM System (sensor, transmitter, and receiver) before Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scan, or high frequency electrical heat (diathermy) treatment.

The system has not been tested during MRI, CT scans, or with diathermy treatment. Magnetic fields and heat could damage the components, stopping sensor glucose readings or Alarm/Alert notifications. Without sensor glucose readings or Alarm/Alert notifications, you might miss a severe low or high glucose event.

Medications
Taking medications with acetaminophen (such as Tylenol® or Excedrin Extra Strength®) while wearing the sensor may falsely raise your sensor glucose readings. The level of inaccuracy depends on the amount of acetaminophen active in your body and is different for each person.

General CGM System Warnings

Warnings
Review Training Material
Thoroughly review the training materials included with your Dexcom G5 Mobile CGM System before using.

Incorrect use could lead you to misunderstand system information or might affect its performance and you might miss a severe low or high glucose event.

Treatment Decisions
The Dexcom G5 Mobile CGM System does not replace your blood glucose (BG) meter.

When making treatment decisions, such as the amount of insulin you need, only use your BG value. Don’t use the Dexcom G5 Mobile CGM System sensor glucose readings because readings can be different from your BG value. If sensor glucose readings are used in determining treatments, it could result in you missing a severe low or high glucose event.

Don’t Ignore Low/High Symptoms
If your sensor glucose readings don’t match your symptoms, measure your BG with a fingerstick. Otherwise, you may miss a severe low or high glucose event.

Important User Information

Who Shouldn’t Use
The Dexcom G5 Mobile CGM System was not evaluated, nor approved for the following persons:

- Pregnant women
- Persons on dialysis

Do not use the Dexcom G5 Mobile CGM System in critically ill patients. It is not known how different conditions or medications common to the critically ill population may affect performance of the system. Sensor glucose readings may be inaccurate in critically ill patients.

The system’s accuracy hasn’t been tested in people falling into these groups and sensor glucose readings may be inaccurate, resulting in missing a severe low or high glucose event.

Calibration Warning and Precautions

Warning
Calibrate on Schedule
Calibrate at least once every 12 hours. Calibrating less often than every 12 hours might cause sensor glucose readings to be inaccurate, resulting in you missing a severe low or high glucose event.

Precautions
Be Accurate, Be Quick
Enter the exact BG value displayed on your BG meter within five minutes of a fingerstick.

Entering the wrong BG values, or waiting more than five minutes before entry, might affect sensor performance, resulting in you missing a severe low or high glucose event.

Significant Glucose Rate Changes
Don’t calibrate when your BG is changing at a significant rate:

- more than 2 mg/dL per minute.

Look for rate of change arrows on your display device screen and don’t calibrate when you see:

- A single arrow pointing up
  - Rising 2-3 mg/dL each minute
- Two arrows pointing up
  - Rising more than 3 mg/dL each minute
- Single arrow pointing down
  - Falling 2-3 mg/dL each minute
- Two arrows pointing down
  - Falling more than 3 mg/dL each minute

Calibrating during a significant rise/fall of your BG may affect accuracy of sensor glucose readings, resulting in you missing a severe low or high glucose event.

Fingerstick Only
Only use fingerstick measurements from your BG meter for calibration.

Alternative site BG values from your arms, palms of your hand, etc., may be different and less accurate than your fingerstick BG values. Using alternative site BG values for calibration might affect sensor performance, resulting in you missing a severe low or high glucose event.

Prior to Initial Calibration: Data/Alarm/Alert
After starting a new sensor session, until completing your initial calibrations, you won’t receive any sensor information such as readings, Alarm or Alerts. Without these, you may miss a severe low or high glucose event.
## Important User Information

### System/Hardware/Software Warnings and Precautions

#### Senor/Sensor Pod Warnings and Precautions

**Warnings**

**Sensor Breaking Off**

On rare occasions, the sensor wire may break or detach from the sensor pod.

Within 24 hours of experiencing a broken sensor wire, please call our 24/7 Technical Support department, toll free at 1.877.339.0664 or toll at 1.856.200.0200.

If a sensor wire breaks under the skin with no portion of it visible, don’t remove it. Contact your healthcare professional if you have redness, swelling, or pain at the insertion site.

**Placement**

Do not insert the sensor component of the G5 Mobile System in the site other than the belly/abdomen (ages 2 years and older) or the upper arms (ages 2 to 17 years). The placement and insertion of the sensor component of the G5 Mobile System is not approved for other sites.

If placed in other areas, the G5 Mobile System may not function properly.

**Storage**

During a sensor’s shelf life, store it between 36°F - 77°F. While you don’t need to keep your sensor in a refrigerator, you can as long as the refrigerator is between 36°F - 77°F.

Never store sensors and/or sensor packages in a freezer.

Storing the sensor incorrectly might cause the sensor glucose readings to be incorrect, resulting in you missing a severe low or high glucose event.

**Precautions**

**Expiration Date**

Don’t use expired sensors. Before inserting, always check the package label for the expiration date using the YYYY-MM-DD format.

If past the expiration date, don’t use because the sensor glucose readings might not be accurate, resulting in you missing a severe low or high glucose event.

**Sensor Package**

Don’t use sensor if its sterile package has been damaged or opened. Using a non-sterile sensor might cause infection.

**Clean and Dry Before Using**

Before opening the sensor package, wash your hands with soap and water, then dry. If your hands are dirty while inserting the sensor, you might contaminate the insertion site and get an infection.

Before sensor insertion, clean the skin with alcohol wipes to prevent infections. Don’t insert the sensor until the cleaned insert site is dry, and free from any lotions or perfumes.

If your insertion site is not clean and completely dry, you run the risk of infection or the sensor pod not sticking and falling off.

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### Important User Information

#### Sensor Placement

Change the site where you place the sensor with each new insertion. Using the same site too often might not allow the skin to heal, causing scarring or skin irritation.

Sensor placement is important. Make sure the area you place your sensor won’t:

- Be bumped, pushed, or squeezed
- Have scars, tattoos, or irritation

Insertion in these areas might affect sensor performance, resulting in you missing a severe low or high glucose event.

Avoid injecting insulin or placing an insulin pump infusion set within three inches of the sensor. The insulin might affect sensor performance, resulting in you missing a severe low or high glucose event.

**Transmitter Warnings and Precautions**

**Warnings**

Inspect Transmitter

If your transmitter is damaged or cracked in any way, don’t use it. Damaged components could create an electrical safety hazard or malfunction, which might cause electrical shocks.

Choking

The transmitter is small and may pose a choking hazard. Don’t put it in your mouth or allow children to play with it.

**Precautions**

**Reusable Don’t Throw Away**

When ending a session, don’t throw away the transmitter.

The transmitter is reusable and can be used in multiple sensor sessions. Keep using it until the system notifies you the transmitter battery is about to expire.

**Don’t Share Your Transmitter**

Never share your transmitter with another person. The Dexcom G5 Mobile CGM System is a prescription-only medical device and is meant, or intended, for your use only.

Your transmitter is tied to your readings. If used by someone else, your reports, Alarm and Alerts, etc., would be wrong, resulting in you missing a severe low or high glucose event.

### System Precautions

**Precautions**

**Use Correct Transmitter, Receiver, and Sensor**

Different generations’ transmitters and receivers aren’t interchangeable with each other.

The Dexcom G5 Mobile CGM System’s transmitter and receiver are not compatible with the Dexcom G4® PLATINUM CGM System’s transmitter and receiver. The Dexcom G5 Mobile CGM System won’t work if you mix receiver and transmitter components from different generations, resulting in you missing a severe low or high glucose event.

You can use a Dexcom G4® PLATINUM Sensor with the Dexcom G5 Mobile CGM System. Before using the sensor, make sure the sensor label says “Dexcom G5 Mobile/G5 PLATINUM Sensor” or “Dexcom G4® PLATINUM Sensor.”
**Important User Information**

**System Accuracy**
System accuracy may be affected when your glucose is changing at a significant rate such as during exercise or after a meal.

**Significant glucose rise/fall rates:**
- Rising 2-3 mg/dL each minute
- Rising more than 3 mg/dL each minute
- Falling 2-3 mg/dL each minute
- Falling more than 3 mg/dL each minute

**Receiver and Smart Device Precautions**

**Precautions**

**Communication Range**
Do not separate the transmitter from the receiver or smart device by more than 20 feet. The transmission range from the transmitter to receiver or smart device is up to 20 feet without obstruction.

Types of obstruction differ and not all have been tested. Obstructions can include water, walls, metal, etc. If your transmitter and display device(s) are more than 20 feet from each other or are separated by an obstruction, they might not communicate, resulting in you missing a severe low or high glucose event.

Water is often the biggest culprit in reducing the communication distance between the transmitter and display device. Take special care when swimming, getting into a pool, bathtub, shower, etc.

**Setting Alarms/Alert Notifications**
When using both a receiver and a smart device, you must set your settings separately in each. If you set up one device and then use another device with different settings, you might not get an Alarm or Alerts, causing you to miss a severe low or high glucose event.

Using an accessory device (like a smart watch) might override your smart device sounds. Alarms or Alerts might vibrate or be heard on the accessory instead of your smart device. After connecting any accessories, make sure that the smart device settings allow you to continue receiving Alarms or Alerts on the smart device.

**Is It On?**
If the receiver or smart device is turned off (Shut Down), it will not display sensor, information, Alarm or Alerts. Make sure they are turned on; otherwise, you won’t get sensor glucose readings or Alarm or Alerts, causing you to miss a severe low or high glucose event.

**Smart Device Warning**

**Warnings**

**Smart Device Settings**
The Dexcom G6 Mobile App cannot override your smart device’s internal settings. Also, accessory devices (like a smart watch or other wearable smart devices) might override your smart device’s Alerts, Alarm, and notification settings.

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**Important User Information**

To receive Alarm or Alerts you must:

1. Make sure Dexcom G6 Mobile App Notifications are turned on in your smart device’s settings
2. Verify app hasn’t been shut down
3. Turn Bluetooth on
4. Turn off Do Not Disturb (if available on your smart device)
5. Restart app after device is restarted
6. Set Volume at a level you can hear
7. Do not close app, always run app in the background
8. Make sure accessory devices do not override your smart device settings.

If your settings are incorrect, you might miss a severe low or high glucose event. Dexcom G6 Mobile CGM System Alarm! Alert vibrations aren't any different from other vibrating apps on your smart device. Medical device apps, like the Dexcom G6 Mobile App, don’t have any special priorities over your smart device’s features. Dexcom G6 Mobile App notifications or alerts may sound or feel the same as notifications from another app. The only way to know is to look at the screen.

**Missed an Alarm or Alert?**
An Alarm or Alert can’t be heard through your smart device’s speakers if headphones are plugged in.

Make sure you unplug your headphones when you are done using them, otherwise you might not hear an Alarm or Alert, causing you to miss a severe low or high glucose event.

**Receiver Warning and Precaution**

**Warning**

Don’t Use Damaged Goods
If your receiver is damaged or cracked, don’t use it. This could create an electrical safety hazard or malfunction, causing possible electrical shocks.

**Precaution**

Keep Receiver Dry
Keep the USB port cover on the receiver closed whenever the USB cable is not attached and do not submerge in water.

If water gets into the USB port, the receiver could become damaged and stop displaying readings or providing alarms; you might miss a severe low or high glucose event.

**Caution**

U.S. law restricts the sale of the Dexcom G6 Mobile CGM System to be by or on order of a physician.