Introduction

Welcome to the Dexcom G5® Mobile Continuous Glucose Monitoring (CGM) Caregiver Guide. The purpose of this guide is to define CGM, explore the differences between CGM and a blood glucose meter (meter), and share how you might use CGM as a caregiver.

We will do this by walking you through a day in the life of nine year old Max. Max has Type 1 diabetes and takes multiple daily injections. He is being watched by Grandma.
Diabetes Management Plan

Mom and Dad drop Max off early on Saturday and will pick him up Sunday. Grandma already had a diabetes management plan for Max on her fridge. Max's diabetes management plan has:

- Meal time and bedtime insulin doses
- Target glucose before and after meals
- Target glucose at bedtime
- Insulin injection sites
- CGM information
- How to treat high and low glucose
- What happens when something goes wrong
- When to call Mom and Dad for help

Every child is different. It is important to create a diabetes management plan with the main caregiver (Mom/Dad) and a healthcare professional. You will want to document this plan in writing and have it around for reference. This will make sure you have a plan in place.
What is Continuous Glucose Monitoring (CGM)?

Max wears a Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System.

The Dexcom G5 Mobile uses three components - a sensor, transmitter, and Max’s phone*. The sensor is inserted under the skin to check glucose levels and trends. The transmitter sends glucose readings to Max’s phone every 5 minutes.

* Max uses his phone as his display device. A Dexcom G5 Mobile receiver may also be used. In this guide, we will only be discussing the smart device. For information on the Dexcom receiver see the Dexcom G5 Mobile CGM User Guide: dexcom.com/guides. For a list of compatible devices see: dexcom.com/compatibility
What tools does Max use?

Max's Dexcom G5 Mobile has a 7 day sensor. His Dexcom G5 Mobile App reports glucose every 5 minutes and alerts him when his glucose is too high or too low.

Diabetes treatment decisions can be based on CGM when BOTH a number and arrow are shown.

Max still needs his meter:

- To calibrate every 12 hours
- If his symptoms don’t match readings
- If he has taken acetaminophen (e.g. Tylenol®, Excedrin®, Sudafed®, Robitussin®)
- If he doesn’t have a number and arrow on his CGM
Difference between CGM and a meter

Dexcom G5 Mobile readings and meter values may not be the same and that’s ok.

The Dexcom G5 Mobile and a meter measure glucose from two different types of body fluids: interstitial fluid and blood.

Readings can be different and still be considered accurate.
How does Max make treatment decisions?

Whether Grandma and Max are new to Dexcom or experienced, they should keep using a meter to make treatment decisions until they know how Dexcom works. Don’t rush! It may take days, weeks or months to gain confidence in using Dexcom G5 Mobile to make treatment decisions. They should keep confirming readings with a meter until they understand:

- the accuracy experienced with each newly inserted sensor may vary
- a sensor might work differently in different situations (meals, exercise, first day of use, etc.).
What treatment tools does Max use?

When Max has low blood sugar, his diabetes treatment plan is to drink his favorite juicebox and wait 15 minutes to make sure he is going back up.

Max takes multiple daily injections. He uses two types of insulin. A long acting insulin at bedtime and a rapid acting insulin before meals and/or to correct for a high blood sugar.
How does CGM benefit Max?

Mom and Dad have peace of mind when they are away and Grandma doesn’t need to prick Max’s finger to make sure he is safe.

- **Dexcom Share**: Max shares his glucose with Mom, Dad, and Grandma.
- **Current Glucose**: Shows where Max’s glucose is now.
- **Trend Arrow**: Shows Max’s glucose speed and direction.
- **Trend Graph**: Shows Max’s glucose over the past 3 hours.
- **High Alert Level**: Max will be alerted when his glucose rises above 250.
- **Low Alert Level**: Max will be alerted when his glucose falls below 80.
Dexcom Follow App

Grandma receives Max’s glucose information using the Dexcom Follow® App on her smart device. She uses:

Compatible device*
with internet connection
* dexcom.com/compatibility

Dexcom Follow App

Followers will need to install the Dexcom Follow App and have internet connectivity. When someone is added as a Follower they will be sent an email with instructions. Any diabetes treatment decision should be based on the Dexcom G5 Mobile or the patient’s meter, not information from the Dexcom Follow App.
Max’s Day

It’s Saturday and Max has a full day ahead of him:

10:30 – Soccer practice
12:30 – Lunch Birthday Party
6:00 – Max and Grandma cook dinner together
9:00 – Bedtime
When Max and Grandma get to soccer practice, they look at Max’s Dexcom G5 Mobile. They see Max’s glucose is 170 and steady. Max puts his phone on the sidelines. Max is within 20 feet so he will still get his readings. Grandma watches the practice, taking pictures.
Near the end of practice Grandma gets an alert on her Dexcom Follow App. She sees that Max’s glucose is 100 and going down. Grandma calls Max over and looks at his app to make sure it has the same information. After verifying, she gives him a juicebox. Fifteen minutes later she sees that Max’s glucose started to go back up.
After soccer practice Max’s app shows 130 and steady. When Max was changing for his birthday party, Grandma saw the patch starting to peel around the edges. She didn’t want the sensor to come off, so she taped the edges down with medical tape. She could also use adhesives, like Mastisol® and Skin Tac™, to keep the sensor secure to the skin.

Tape over the patch on all sides for even support

Do not tape over the transmitter, or any plastic parts
Birthday Party

Grandma drops Max off at the party with his diabetes pack. Before eating lunch Max calls Grandma so they can decide how much insulin he should take. Although Grandma has the Dexcom Follow App she wants to make sure Max sees the same thing, she asks Max a series of questions:

- Do you have a number and arrow on your Dexcom CGM?
  - Yes. This means Max can use his Dexcom for treatment.
- What does the number say? Is the arrow going up or down?
  - 92 with a single arrow down. This means Max’s glucose could drop 60-90 mg/dL in 30 minutes.
- What are you going to eat?
  - Two slices of pizza.
- How long before you eat?
  - 30 minutes. This means Max needs to act now.

Grandma tells Max to drink half of a juice box to avoid going low before lunch. Based on Max’s treatment plan, Grandma calculates the amount of insulin needed to cover the pizza.
Birthday Cake

A little over two hours later it is time for cake and Max calls Grandma again. Grandma asks the same questions:

- Do you have both number and arrow on your Dexcom CGM?
  - Yes. **This means Max can use his Dexcom for treatment.**
- What does the number say? Is the arrow going up or down?
  - 207 with a single arrow going up. **This means Max needs a little more insulin to get back in target range.**
- What kind of cake are you going to eat and does it have frosting?
  - Chocolate and yes
- When Max is going to eat the cake?
  - Right now

Grandma tells Max to take insulin to correct for his high glucose* and cover for the cake. Grandma calculates the amount of insulin based on his diabetes management plan.

* It is important not to take insulin doses too close together, or "stack" insulin. Wait at least two hours.
After a long day of activities Grandma and Max cook dinner. Before cooking Grandma checks her Dexcom Follow App and sees no signal. Max realizes he left his phone in the car. Max looks at his screen and he has not received readings for the last 40 minutes.

Max felt a little dizzy, so they check with his meter. He is fine. A few minutes later Max's app shows his readings since he is now within 20 feet of his phone.
Troubleshooting

The system can have issues or errors. These show up as black circles. Tap the blue question mark for more information.

**Use meter for treatment decisions if an error is shown.**

If the error continues for over 3 hours, contact Dexcom’s technical support:

**Phone:** 1-888-738-3646 (24 hours, 7 days a week)
**Email:** [TechSupport@dexcom.com](mailto:TechSupport@dexcom.com)
It is time for bed after a long day. In order to make the Dexcom G5 Mobile work its best, Max needs to calibrate.

Max takes a fingerstick and enters the meter value into his app. Max will do this 12 hours later when he wakes up too.
After calibrating Grandma tucks Max in and puts her phone on her nightstand. Grandma can go to sleep without checking on Max every couple hours. Her Dexcom Follow App will alert her if Max’s glucose levels go high or low during the night.
BRIEF SAFETY STATEMENT
The Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System ("G5") is a glucose monitoring system indicated for the management of diabetes in persons age 2 years and older. The G5 is designed to replace fingerstick blood glucose testing for diabetes treatment decisions. The G5 also aids in the detection of episodes of hyperglycemia and hypoglycemia. The G5 is intended for single patient use and requires a prescription.

CONTRAINDICATIONS
Do not rely on the G5 CGM data if you have recently taken acetaminophen. Remove the G5 (sensor, transmitter, and receiver) before Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scan, or high-frequency electrical heat (diathermy) treatment. The G5 is MR Unsafe. Do not bring any portion of the G5 into the MRI environment.

WARNING
CGM-based diabetes treatment decisions are only approved with the G5, not previous generations of Dexcom CGM systems. Calibrate at least once every 12 hours using a fingerstick. If your G5 does not display a sensor glucose reading and an arrow, or if you are getting inaccurate or inconsistent readings, take a fingerstick. If your glucose readings and alerts do not match your symptoms or expectations, take a fingerstick to confirm. Failure to do so may lead to hyperglycemia or hypoglycemia. The G5 is not approved for use in pregnant women, persons on dialysis or critically ill persons. If a sensor breaks and no portion of it is visible above the skin, do not attempt to remove it. Seek professional medical help if you have infection or inflammation on or near the sensor insertion point. Report broken sensors to Dexcom Technical Support. Sensor placement is not approved for sites other than under the skin of the belly (ages 2 years and older) or upper buttocks (ages 2-17 years). To "share" data, you need an internet connection and a separate compatible smart device running the Dexcom Follow App. Contact Dexcom Toll Free at 877-339-2664 or www.dexcom.com for detailed indications for use and safety information.