Dexcom | G5® mobile

Treatment Decisions: Advanced
for use by Healthcare Professionals

▲▲ +6
▲ +4
▼ +2
▷ 0
▲ -2
▼ -4
▼▼ -6

The Dexcom G5® Mobile Continuous Glucose Monitoring (CGM) System can help optimize diabetes treatment plans. This is a summary of a clinical article published in a peer reviewed journal. This method should only be used for pre-meal and correction dosing. Correction dosing should be at least two hours after last insulin dose. Use a correction factor and add or subtract the number the arrow represents.

To help guide the conversation with your patients about using the Decom G5 Mobile for treatment decisions first review the Dexcom G5 Mobile CGM System User Guide available at **dexcom.com.**

What do the arrows mean?

Glucose rapidly rising
- more than 0.2 mmol/L each minute
- more than 2.5 mmol/L in 15 minutes
- more than 5 mmol/L in 30 minutes

Glucose rising
- 0.1-0.2 mmol/L each minute
- up to 2.5 mmol/L in 15 minutes
- up to 5 mmol/L in 30 minutes

Glucose slowly rising
- 0.06-0.1 mmol/L each minute
- up to 1.7 mmol/L in 15 minutes
- up to 3.4 mmol/L in 30 minutes

Not increasing/decreasing
- more than 0.06 mmol/L per minute
- up to 0.9 mmol/L in 15 minutes
- up to 1.8 mmol/L in 30 minutes

Glucose slowly falling
- 0.06-0.1 mmol/L each minute
- up to 1.7 mmol/L in 15 minutes
- up to 3.4 mmol/L in 30 minutes

Glucose falling
- 0.1-0.2 mmol/L each minute
- up to 2.5 mmol/L in 15 minutes
- up to 5 mmol/L in 30 minutes

Glucose rapidly falling
- more than 0.2 mmol/L each minute
- more than 2.5 mmol/L in 15 minutes
- more than 5 mmol/L in 30 minutes

Possible Adjustments:

Current glucose **plus 6 mmol/L**.

Current glucose **plus 4 mmol/L**.

Current glucose **plus 2 mmol/L**.

No adjustment.

Current glucose **minus 2 mmol/L**.

Current glucose **minus 4 mmol/L**.

Current glucose **minus 6 mmol/L**.

Kim has a target glucose of 6 mmol/L and a correction factor of 1:3. This means she would take 1 unit of rapid-acting insulin to lower her glucose about 3 mmol/L. Let's see what Kim does:

14 mmol/L

Kim adds 4 mmol/L because of the up arrow	$\begin{array}{r} 14 \\ +\ 4 \\ \hline \end{array}$
Kim subtracts her target number	$\begin{array}{r} 18 \\ -\ 6 \\ \hline \end{array}$
Kim divides by her correction factor	$\begin{array}{r} 12 \\ \div\ 3 \\ \hline \end{array}$
Kim uses her insulin pen to take 4 units of insulin	$=\ 4$

If Kim had an insulin pump, she would input 18 mmol/L and let the pump do the math.

18 mmol/L

Kim subtracts 6 mmol/L because of the double down arrow	$\begin{array}{r} 18 \\ -\ 6 \\ \hline \end{array}$
Kim subtracts her target number	$\begin{array}{r} 12 \\ -\ 6 \\ \hline \end{array}$
Kim divides by her correction factor	$\begin{array}{r} 6 \\ \div\ 3 \\ \hline \end{array}$
Kim uses her insulin pen to take 2 units of insulin	$=\ 2$

If Kim had an insulin pump, she would input 12 mmol/L and let the pump do the math.

Fingersticks required for calibration, or if symptoms or expectations do not match readings, or when taking medications containing paracetamol/acetaminophen.

This method was based on: Pettus J. , & Edelman S.V. Recommendations for using Real-Time Continuous Glucose Monitoring (CGM) Data for Insulin Adjustments in Type 1 Diabetes. *Journal Diabetes Science and Technology*. 2016; 1-10.