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 Dexcom G5 Mobile for treatment decisions first review the Dexcom G5 Mobile CGM System User Guide available at dexcom.com.

What do the arrows mean?

**Possible Adjustments:**

**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

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

**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

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

**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

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

**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

No adjustment.

**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

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

**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

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

**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

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:

Kim adds 4 mmol/L because of the up arrow
Kim subtracts her target number
Kim divides by her correction factor
Kim uses her insulin pen to take 4 units of insulin

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

Kim subtracts 6 mmol/L because of the double down arrow
Kim subtracts her target number
Kim divides by her correction factor
Kim uses her insulin pen to take 2 units of insulin

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.