

## REMOVAL TECHNIQUES AND PRODUCTS

This is a summary of a clinical article published by clinicians independent from Dexcom based on their knowledge and experience.\* Dexcom has not tested these approaches nor do we endorse these specific approaches.

For detailed step-by-step instructions on how to use the Dexcom G6 Continuous Glucose Monitoring (CGM) System, please refer to the user guide.

Do you find it painful removing the sensor adhesive? Is there a sticky residue left behind on your skin? These techniques and products may help. Remember what works best for one person may not work best for everyone. You may need to try several different products or methods to figure out what works best for you

### General Removal Techniques

- Loosen edge of adhesive with fingernail and use products listed below if necessary.<sup>1,2</sup>
- While removing tapes, use fingers of opposite hand to push skin down and away from adhesive. Continue to move fingers on skin toward adhesive as it is removed.<sup>2</sup>
- “Fold back” technique: Remove adhesive slowly, at low angle, folding back on itself.<sup>2</sup>
- “Stretch and relax” technique: Films that stretch (e.g., IV3000 or Tegaderm) may be stretched horizontally away from the center (opposite of the fold back technique) while walking fingers under the dressing to continue stretching it.<sup>2</sup>
- Use adhesive removal wipes to rub the skin under the tape toward the adhesive as it is removed. This helps loosen adhesive from skin and may help reduce pain with removal.<sup>1</sup>

### Removal Products and Description

Product	Description
Uni-solve Adhesive Remover (Smith&Nephew)	• Comes in wipes or liquid
AllKare Adhesive Removal Wipe (ConvaTec Inc)	• Comes in wipes
Tac Away Adhesive Removal Wipes (Torbot)	• Comes in wipes • Reciprocal product to Skin Tac
Detachol Adhesive Remover (Eloquest)	• Latex free, alcohol free • Comes in single use vials or liquid • Reciprocal product to Mastisol
Household oils <sup>a</sup> : - Baby oil, coconut oil or olive oil	• Least specialized and least expensive option

\*This paper was based on: Messer L., & Beatson C., Preserving Skin Integrity with Chronic Diabetes Technology & Therapeutics Volume 20, Supplement 2, 2018.

1. Chase HP, Messer L: Understanding Insulin Pumps and Continuous Glucose Monitors. 3rd ed. Denver: Children’s Diabetes Research Foundation, 2016.

2. McNichol L, Lund C, Rosen T, Gray M: Medical adhesives and patient safety: State of the science: consensus statements for the assessment, prevention, and treatment of adhesive related skin injuries. J Wound Ostomy Continence Nurs 2013;40:365–380; quiz E361–E362.

a Used within institution or support in public commentary, online articles, diabetes blogs, social media.

Failure to use the Dexcom G6 Continuous Glucose Monitoring System (G6) and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the G6 do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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