

CAREGIVER GUIDE

dexcomG6





Welcome

Welcome to the **Dexcom G6 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 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:

- Mealtime 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 CGM?

Max wears a Dexcom G6 Continuous Glucose Monitoring (CGM) System.

The Dexcom G6 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 G6 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 G6 CGM User Guide: dexcom.com/guides. For a list of compatible devices see: dexcom.com/compatibility



What tools does Max use?

Max's Dexcom G6 has a 10-day sensor. His Dexcom G6 app reports glucose every 5 minutes and can alert 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 to use his meter:

- If his symptoms don't match readings
- If he doesn't have a number and arrow on his CGM

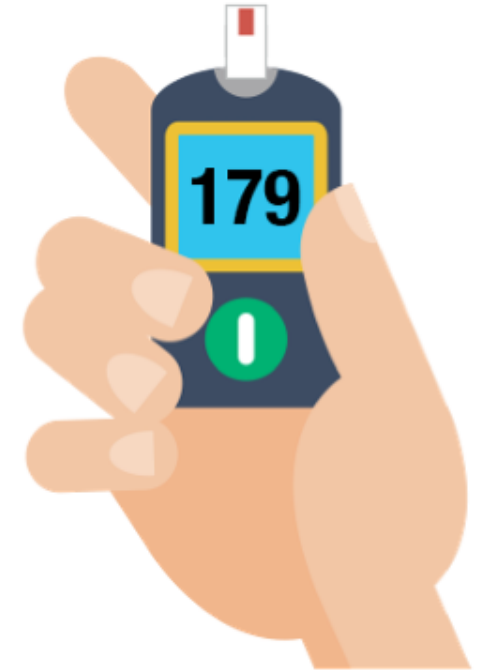


CGM vs. Meter

Dexcom G6 readings and meter values may not be the same and that's ok.

The Dexcom G6 and a meter measure glucose from two different types of body fluids: interstitial fluid and blood.

CGM and meters both have a range in which they are considered accurate. Readings can be different and still fall into their accurate range.



What treatment tools does Max use?

When Max has low blood sugar, his diabetes treatment plan is to drink a 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 more 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

*Separate Follow App required

Current Glucose: Shows where Max's glucose is now

High Alert Level: Max will be alerted when his glucose rises above 230

Low Alert Level: Max will be alerted when his glucose falls below 80



Trend Arrow: Shows Max's glucose speed and direction

Trend Graph: Shows Max's glucose over the past 3 hours

Dexcom Follow app

Grandma receives Max's glucose information using the Dexcom Follow app on her compatible smart device*.

* dexcom.com/compatibility

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 G6 or the patient's meter, not information from the Dexcom Follow app.



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



Soccer Practice

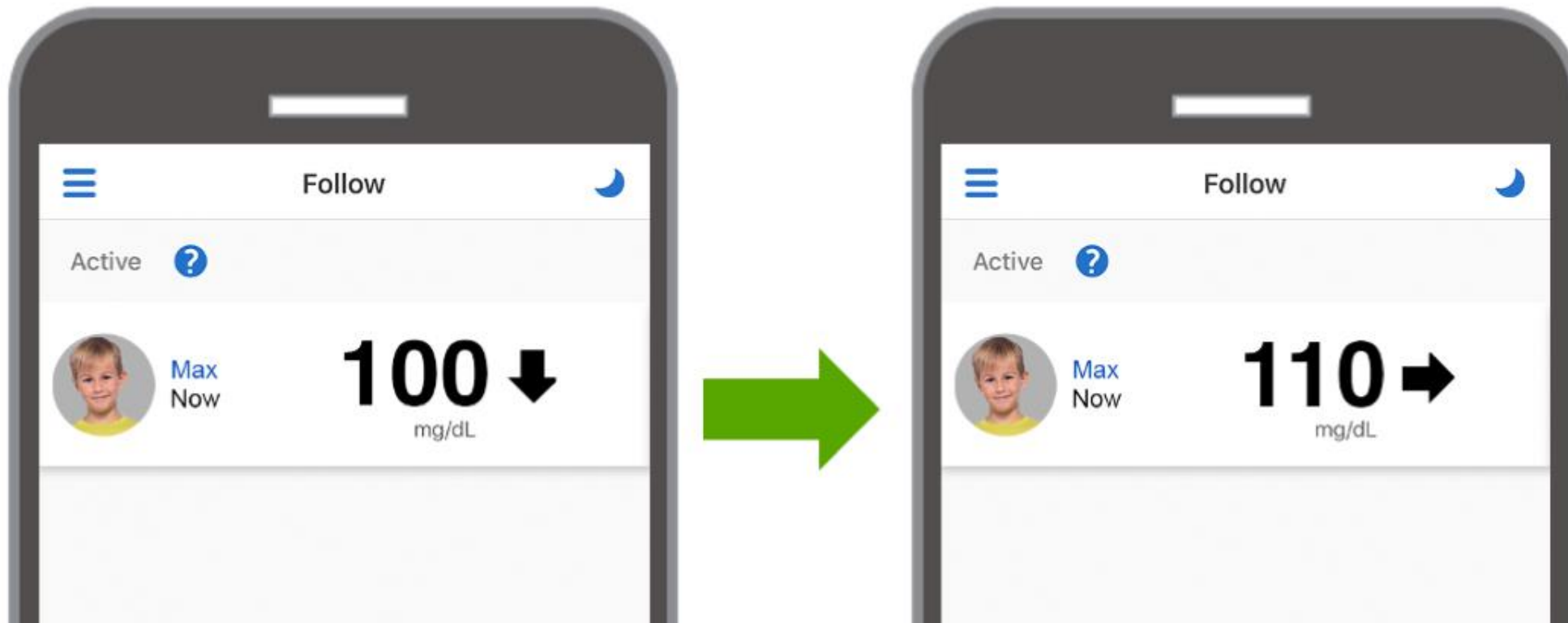
When Max and Grandma get to soccer practice, they look at Max's app. They see Max's glucose is 170 and steady.

Max puts his phone on the sidelines. Max is within 20 feet so he can still get his readings. Grandma watches the practice, taking pictures.



Soccer Practice (cont.)

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.



* Any diabetes treatment decision should be based on the Dexcom G6 or the patient's meter, not information from the Dexcom Follow app.

After Soccer Practice

After soccer practice Max's app shows 150 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 lunch Max calls Grandma so they can decide how much insulin he should take. Although Grandma has the Dexcom Follow app she needs to make sure Max sees the same thing, she asks Max a series of questions:

What does the number say? Is the arrow going up or down?

- **92 with one arrow down. This means Max's glucose could drop 60-90 mg/dL in 30 minutes.**

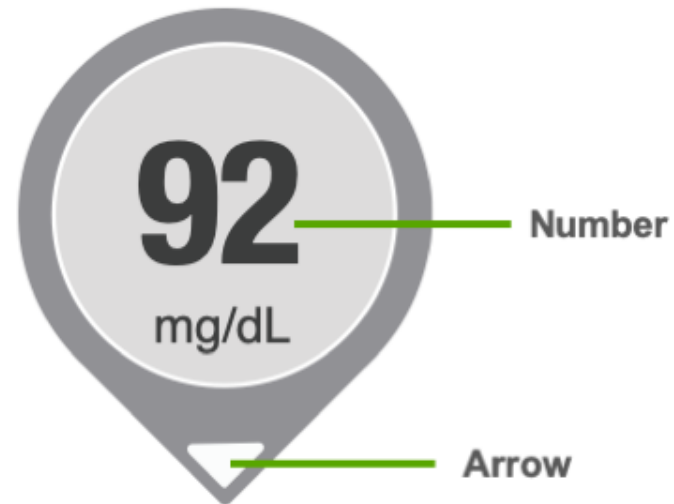
What are you going to eat?

- **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 and to check again in 30 minutes to make sure the treatment worked. 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:

What does the number say? Is the arrow going up or down?

- **207 with one arrow going up. This means Max needs a little more insulin to get back in target range.**

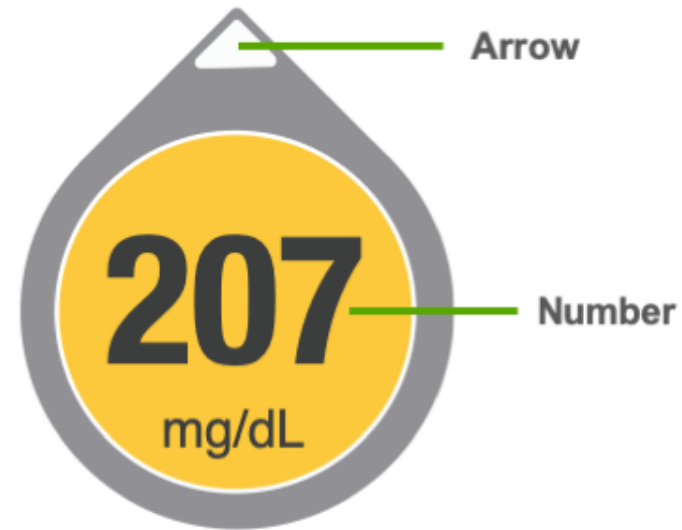
What kind of cake are you going to eat?

- **Chocolate with chocolate frosting**

When are you going to eat the cake?

- **Right now**

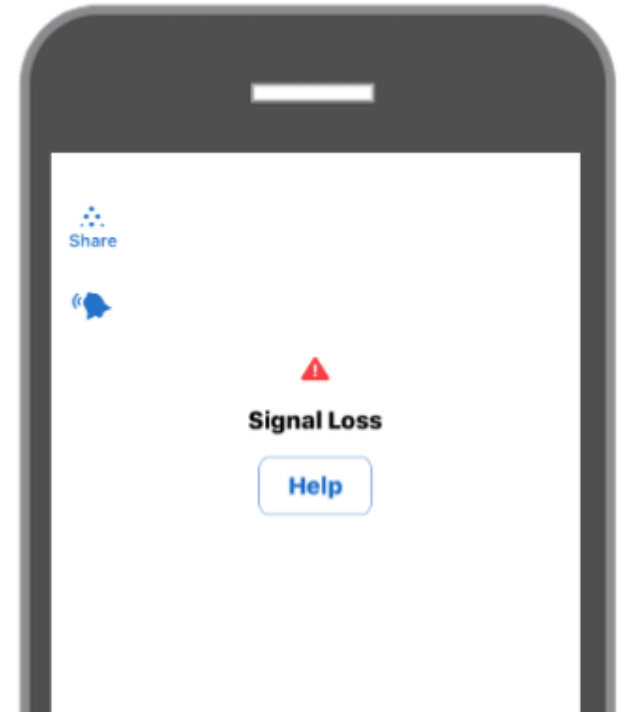
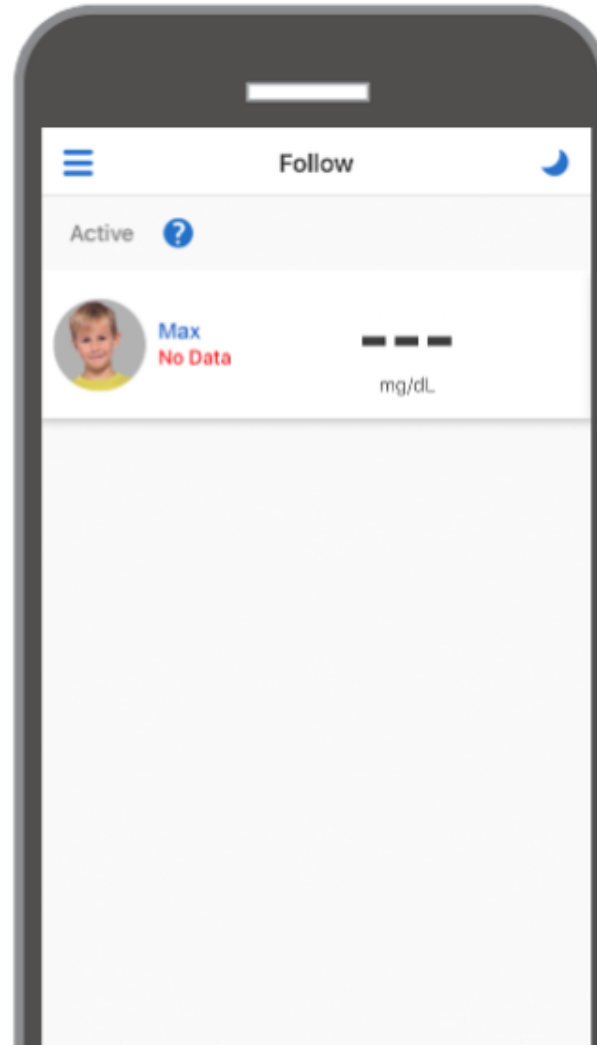
Grandma tells Max to take insulin to correct for his high glucose and cover for the cake. Grandma calculates the amount of insulin based on his diabetes management plan.



Cooking Dinner at Grandma's

After a long day of activities Grandma and Max cook dinner. Before cooking Grandma checks her Dexcom Follow app and sees no data. 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.



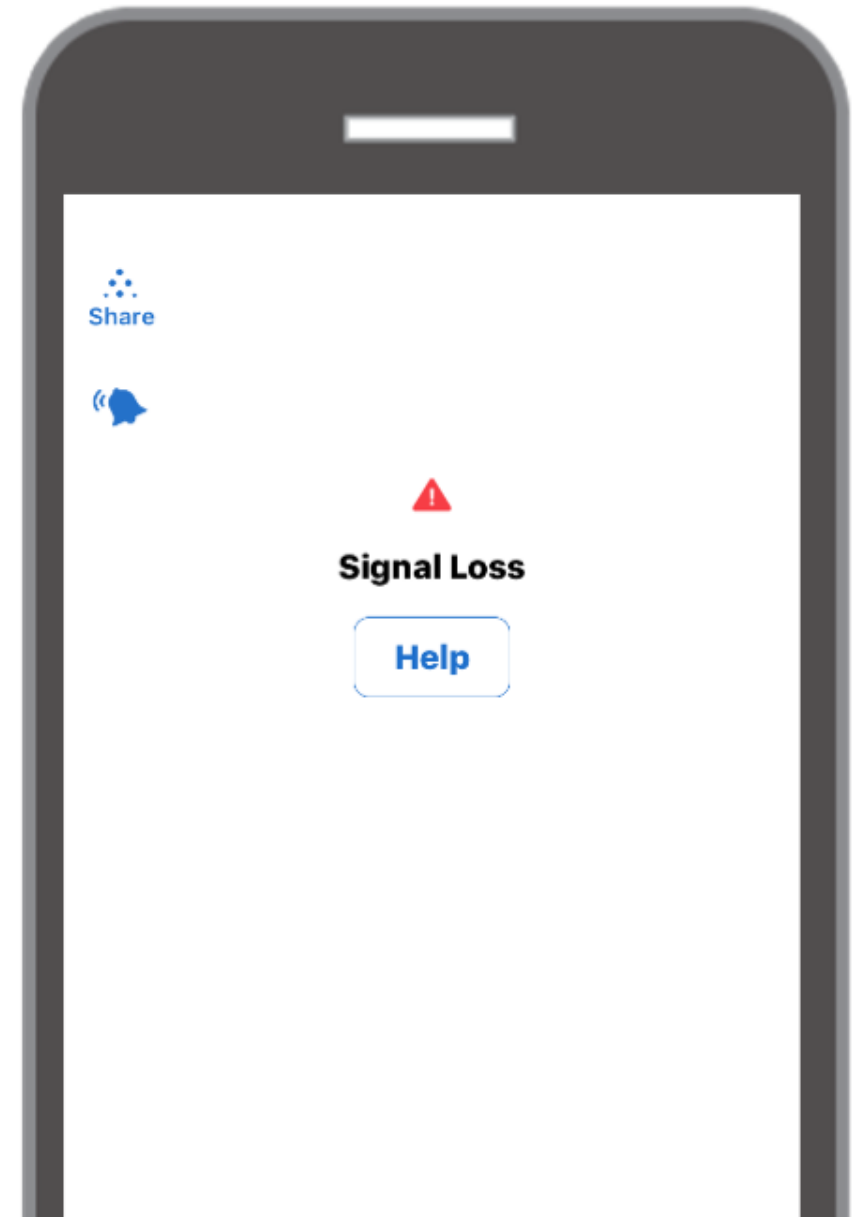
Troubleshooting

The system can have issues or errors.

For troubleshooting tips, tap Help for more information or see dexcom.com/faq.

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

Toll Free: **1-888-738-3646**
(24 hours, 7 days a week)



Brief Safety Statement

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 or expectations or you're taking over the recommended maximum dosage amount of 1000mg of acetaminophen every 6 hours, 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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