

Appendix 3 - Dexcom G6 Start Settings

Dexcom G6 Continuous Glucose Monitor (CGM) Starting Settings



- Set Low Glucose Alert to 70 mg/dL
- Set low repeat to 30 minutes
- Set High Alert to 300 mg/dL
 - Set high repeat to 180 minutes
- Urgent Low Soon alert to 55 mg/dL in less than 20 minutes
- Urgent Low set to 55 mg/dL
- Keep Rise Rate Alert and Fall Rate Alert OFF

You can use the reading on your G6 to give insulin or treat low glucose levels.

Check your dexcom readings before meals, before bedtime, before exercise, when not feeling well and when alerts occur

DO NOT use the G6 readings to give insulin or treat low glucose reading if:

- No glucose reading number or no trend arrow



or



- If no number and no arrow
- **If you feel different that the number that is reported on your G6**

To Do List:

- Have blood glucose meter available to check blood glucose if CGM is not working or you think the number is not correct
- Check your dexcom readings before meals, before bedtime, before exercise, when not feeling well and when alerts occur
- You need to have a blood glucose meter at school in case CGM is not working
- Need to use blood glucose meter when CGM is warming up
- Consider calibrating G6 sensor the first day to "anchor" the sensor to your BG trends, and assist with better accuracy for the duration of the sensor.

<https://www.dexcom.com/faqs/is-my-dexcom-sensor-accurate>

- Return to clinic within 2-4 weeks to review the information and discuss how to get the most benefit out of your device.
- Setup Dexcom Clarity app on phone, or set up Dexcom Clarity account on website.

CGM Safety and strategies to improve your A1c:

- Wait 3 hrs after last insulin before giving correction doses to account for insulin already given.
- If blood sugar is trending up, give insulin for correction of the glucose value and carbohydrate coverage, wait until the trend changes to a diagonal down before eating.
- If blood sugar does not begin to trend down 2 hours after insulin dose, check for possible pump set failure or missed insulin dose.
- Basal rate changes or temp basal rates on the insulin pump will take at least 1 hr to effect glucose and may not be enough to prevent a low.

Key points:

- If your A1c is above 8%, blood sugar values may be out of range over 50% of the time when observing real-time sensor data.

- The goal is wear your CGM often. Don't give up or get discouraged. Talk to us about issues like frequency of alarms or tape difficulties so we can help solve them.
- Resist the temptation to give more than the recommended dose to treat high blood sugar values and resist the urge to give extra insulin after meals. This is called stacking and can lead to low glucose later on. Remember short acting insulin works in the body for 3 hours Give the insulin time to work before dosing again for high glucose levels
- There is a delay in the readings. When treating low glucose levels give yourself time to respond. It can take 30 minutes to see a change in the dexcom reading after treating a low glucose value

Expectations on utilizing CGM:

- Glucose levels will rise and fall.
- Our expectation is for your glucose level to be in target range before the next meal and at night while sleeping.
- Check your dexcom readings before meals, before bedtime, before exercise, when not feeling well, and when alerts occur.
- ***Avoid watching it 24/7!***
- Contact the diabetes team via mychart, or phone (650-498-7353) for:
 - Patterns of high glucose values at night or upon waking
 - Patterns of low glucose values
 - Glucose values staying above 300 for 3 hours after insulin dose.
- Call the on call team 650-497-8000 for:
 - Moderate or large ketones, and/or vomiting
 - Persistent low glucose values not responding to multiple low BG treatments given over 45 minutes.
 - Ask to speak to the Pediatric Diabetes Doctor on call.

For technical questions about your CGM, please call Dexcom:

(844) 607-8398 (technical support)

(888) 738-3646 (general questions & order support)

(877) 339-2664 (training, software support)

To report failed sensors (this includes any sensors that fall off early!), go to:

<https://www.dexcom.com/support>, click on 'Submit a tech support request' and fill out the information requested

Or, in the Dexcom G6 app, go to Settings. Select "Contact." Select "Report an Issue." Fill out the appropriate information.

Or, call Dexcom at 1-888-738-3646

To order overlay tape, go to:

<https://www.dexcom.com/support>, click on 'Request sensor overpatches'

Or, in the Dexcom G6 app, go to Settings. Select "Contact." Select "Request sensor overpatches." Fill out the information.

The Apple Watch is not "direct to watch" from the sensor and transmitter. If your child is going to use an Apple watch, he/she will also need an iPhone on them as well.

The Dexcom G6 receiver will NOT share data with any device.

Video Tutorials for replacing Dexcom G6 sensors after 10 days:

<https://www.dexcom.com/training-videos>

Or, in the Dexcom G6 app, go to Settings. Select "Help." Select "Videos." Select the video you are interested in watching.

Where You Are Now

On the home screen, numbers and color tell you where you are now. The number is your G6 reading. It updates every 5 minutes. The number's background color shows whether your G6 reading is low, high, or in your target range.



Red = Low



Yellow = High



Gray: In Target

Where You Are Going

To know where you're going, look at your trend arrows.

Trend Arrows	Where Your Glucose Is Going
	Steady Changing less than 1 mg/dL each minute
	Slowly rising or falling Changing 1–2 mg/dL each minute
	Rising or falling Changing 2–3 mg/dL each minute
	Rapidly rising or falling Changing more than 3 mg/dL each minute
	No arrow Can't determine trend