

SETTING UP YOUR DEXCOM® G7

Congratulations on getting the Dexcom® G7 sensor. Here are a few things to help you maximize the information you will now be receiving.

- Your sensor can be worn on your arm, abdomen or upper buttocks area for up to 10 days (with a 12-hour grace period).
- The warmup time is now only 30 minutes, and you can place a new sensor on 30 minutes prior to the old sensor expiring, and activate the new one as soon as the old one expires.
- The sensor has trend arrows and customizable low and high alerts. Different alert settings can be set for different times (e.g. school days).
- You can use the Dexcom® sensor with either a smartphone or a receiver (the G6 receiver will not work). You will need to install the Dexcom G7® and Dexcom Clarity apps.
- You can share data with up to 5 people using the Dexcom® Follow app. If the G7® app is on a child's phone, they will need to have data or wireless on that phone to share.

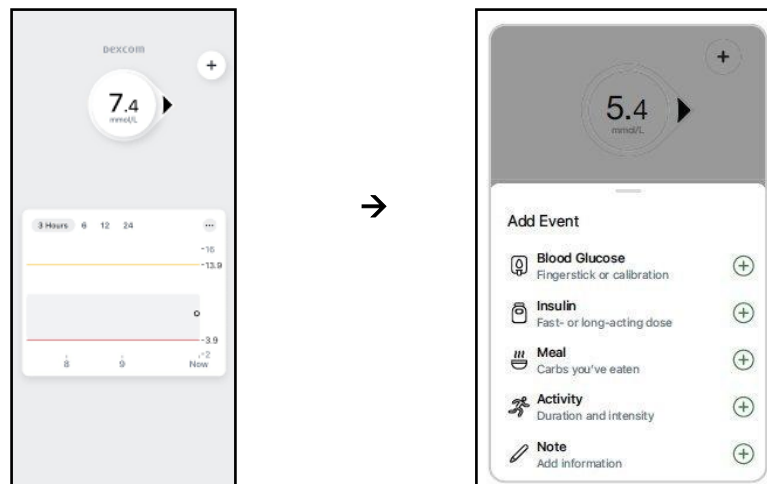
Getting started: <https://www.dexcom.com/en-ca/learn/get-started-g7>

Suggested start settings: (these should be set so an action can be taken and can be adjusted as you become more used to the alarms)

- Low alert: between 4.0-4.5 mmol/L; snooze 30 minutes
- High alert: 15 mmol/L or higher; snooze 120 minutes

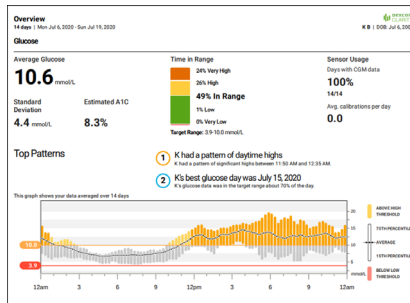
If you are **not** on a pump, you will need to **enter** carbohydrates and insulin doses into the Dexcom® app, to help you make informed adjustments.

Click on + Sign Upper Right → Click on Meal or Insulin



To review your data:

- Set up a Dexcom Clarity® account: <https://clarity.dexcom.eu/> or install the Clarity® app
- The username and password is the same as your Dexcom G7® account
- To look up and interpret your reports: [Dexcom Clarity® User Guide](#)



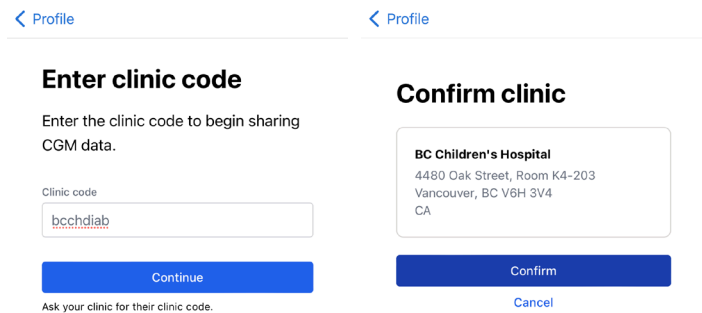
This is also very useful for your healthcare team and should be uploaded prior to your appointments. **Regular review** of this information is required to help maximize the benefits of this technology, and it will help you build your confidence in making ongoing adjustments.

To share your data with the clinic:

You will need a sharing code from the clinic.

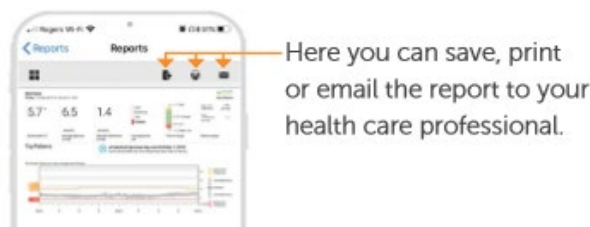
The primary phone needs to set this feature up.

- Tap "Profile"
- Tap "Manage Data Sharing"
- Enter the BCCH Diabetes Clinic sharing code: **bcchdiab**
- Tap "Confirm" to confirm the clinic information



Sharing does not mean the clinic automatically reviews the readings!

Email your information to your diabetes team: dcnurse@cw.bc.ca if you prefer.



This should be set up **prior** to your clinic appointment.

Customer Service: 1-844-832-1810

Technical Support: 1-844-832-1809

Dexcom Care: 1-844-832-1811 (for training and support with a Certified Diabetes Educator)