

FRAMEWORK SCORE

Dexcom G7 at a glance

5 / 5

iCGM-designated, non-adjunctive

Approved to dose insulin off the sensor. Upper-arm site for adults, buttock for children 2-6.

ACCURACY (ARM)

95.3%

±20/20 · Garg 2022

PIVOTAL

n=316

77,774 pairs vs YSI

AGE

2+

years and older

Ref: Garg SK et al, Diabetes Technol Ther, 2022 · 93.2% ±20/20 at abdomen · <0.5% outside ±40/40. GNL reports accuracy using ±20/20 and ±40/40 only.

THE ESSENTIALS

- ✓ 10-day wear + 12-hour grace. No hard cut-off mid-shower.
- ✓ 30-minute warm-up after insertion (G6 was 2 hours).
- ✓ 95.3% within ±20/20 of lab reference. <0.5% outside ±40/40 (arm).
- ✓ Readings every 5 minutes via continuous Bluetooth.
- ✓ Direct-to-Apple Watch once paired. iOS and Android apps.
- ✓ Factory calibrated. No calibrations needed. Optional if you want them.
- ✓ Range 2.2 - 22.2 mmol/L. Alerts configurable across that window.

GETTING THE MOST FROM G7 · PART 1

Alerts - the four that matter

- ▶ **Urgent Low Soon.** Predictive, fires around 20 minutes before you reach 3.1 mmol/L. Keep this one on. Always.
- ▶ **Low alert.** Default 4.4 mmol/L. Tune to your own floor.
- ▶ **High alert.** Set against your time-in-range goal. See the Full CGM Guide.
- ▶ **Delay First High.** Skip the first morning high until after breakfast. Cuts alarm fatigue without missing anything clinically meaningful.

Rise and Fall Rate alerts exist too - use sparingly. Alarm fatigue is the number-one reason people stop trusting their CGM.

SHARE & CLARITY

Your safety net and your mirror

- ▶ **Dexcom Share.** Up to 10 followers see your glucose in real time. Partner, parent, school nurse - particularly valued in paediatric use.
- ▶ **Dexcom Clarity.** Weekly pattern report. Open it every Sunday for 60 seconds. That habit alone changes outcomes.

GETTING THE MOST FROM G7 · PART 2

Trend arrows - your most important signal

The arrow tells you what's *about* to happen. The number tells you what *is*. Both together is the whole game.

| ARROW | CHANGE IN 15 MINUTES | WHAT IT TELLS YOU |
|-------|----------------------|--|
| ↑↑ | more than 3 mmol/L | Fast rise - act now |
| ↑ | 2-3 mmol/L | Rising - consider correction or a walk |
| ↗ | 1-2 mmol/L | Gently rising |
| → | less than 1 mmol/L | Stable |
| ↘ | 1-2 falling | Gently falling |
| ↓ | 2-3 falling | Falling - check insulin on board |
| ↓↓ | more than 3 falling | Fast fall - pre-empt the hypo |

AID PARTNERS

Automated insulin delivery with Dexcom

- ▶ **Omnipod 5** - G6 and G7, native.
- ▶ **Tandem t:slim X2 Control-IQ** - G6 and G7, native.
- ▶ **CamAPS EX (VneoPump)** - G6 and G7, native.

MAJOR IN THE MAJORS · #1

Skin care and sites

The thing most people underdo. Good skin prep is why a sensor lasts a clean 10 days and reads accurately from hour 1.

- ▶ **Rotate sites.** Upper arm is the approved adult site. Alternate arms each change.
- ▶ **Clean and dry.** Alcohol wipe, let it fully dry before applying.
- ▶ **Barrier wipe** (Skin-Tac, Cavilon, IV Prep) for sensitive or sweaty skin.
- ▶ **Overlay patch** for sport, swimming or hot weather (Skin Grip, Expression Med, Simpatch).
- ▶ **Peels early?** Almost always skin prep, not the sensor. Try a barrier wipe next time.
- ▶ **Skin reacting?** Stop and speak to your diabetes team. Isobornyl acrylate (IBOA) is a known cause in some people. A Cavilon barrier layer often solves it.

MAJOR IN THE MAJORS · #2

Accuracy - when to trust it, when to confirm

- ▶ **First 12 hours.** Can be noisy. If the reading doesn't match how you feel, confirm with a finger-stick.
- ▶ **Pressure (compression) lows.** Lying on the sensor at night squeezes tissue and drops the reading. If you wake to a sudden ↓↓ after hours stable, suspect compression before treating.
- ▶ **Rapid changes.** In the first 5-10 minutes of a fast rise or fall, sensor glucose lags blood glucose by 5-10 min. The arrow is already telling you.
- ▶ **Paracetamol.** G6 readings were affected. G7 is not reported to be affected.

MAJOR IN THE MAJORS · #3

Two actions that move HbA1c most

Don't take our word - use the tools. Each Explorer models the physiology for your number, your weight, your arrow.

ACTION 1

Walking a high down early

Brisk walking brings glucose down within 10-30 min depending on starting value and arrow. →

ACTION 2

Personalised hypo treatment

Glucose dose matched to weight, level and arrow. Glucose only - measure, then wait 20 min. →

GO DEEPER

GNL explorers, guides & podcasts

Interactive tools, graded evidence and long-form reading when you want more than a leaflet.

GUIDE

Full CGM Guide - 6-part series

Accuracy, alerts, arrows and real-world use. →

DEVICE

GNL Dexcom G7 Page

Deep dive on the G7 - framework, evidence, gallery. →

PODCAST

CGM Series + Episode 37 - Adam Dawes, Dexcom UK

Senior Medical Affairs Manager on G7 and the Dexcom roadmap. →

ASK

Grace - evidence-backed Q&A

Ask anything about Dexcom, CGM, A1D or T1D. →