

CGM 101: **for diabetes** during pregnancy

You have **one** Dexcom account, it is used to login to:

- Dexcom G7 app
- Dexcom Clarity app and web (optional)

Remember your Dexcom username and password

My Dexcom prescription was sent to: _____

The address/phone number is: _____

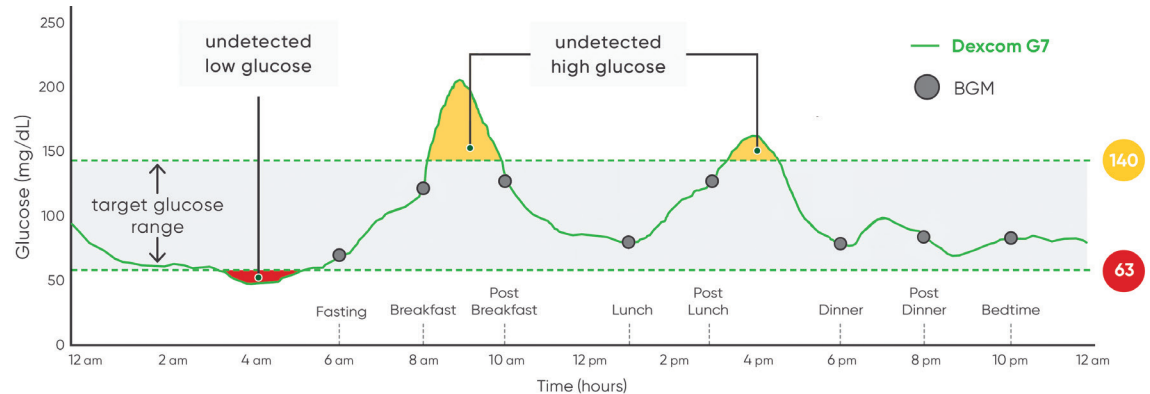
Refill: every **month** or **every 3 months** (circle one)

what is continuous glucose monitoring (CGM)?

CGM is a device that continuously tracks your glucose levels, providing real-time readings and trends 24/7. Using a sensor painlessly¹ inserted on the back of your arm, a CGM lets you see your glucose in real-time on a smart device* or receiver. This can allow you to easily see glucose levels and where they're headed.

WHAT IS THE DIFFERENCE BETWEEN CGM AND BGM?

A CGM is different from a blood glucose meter (BGM or meter) in that it does not require fingersticks.[†] BGM only measures glucose levels at a single moment, while a CGM continuously checks levels and can alert you to highs and lows.



1. Dexcom G7 User Guide, 2023

*Smart device sold separately. For a list of compatible devices: dexcom.com/compatibility

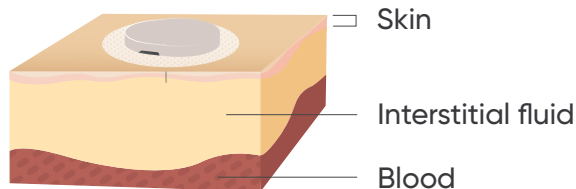
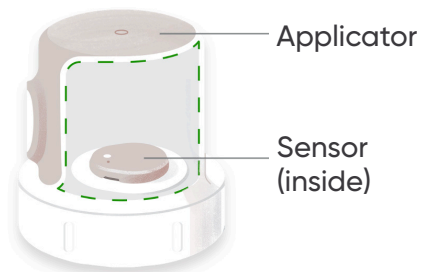
† Fingersticks required for diabetes treatment decisions if symptoms or expectations do not match readings.

will my **CGM** reading match my meter value?

CGM readings and meter values may not be the same and that's okay. CGMs and meters measure glucose from two different types of body fluids: interstitial fluid and blood. **Both readings can be different and still be considered accurate.**

It's important to note that all CGM systems have ranges in which they are considered accurate. It's not helpful to compare your CGM to your meter as they each have a different margin of error.

Your CGM readings can replace fingersticks. The only time you may want to do a fingerstick is if your symptoms or expectations don't match the readings from your CGM.*

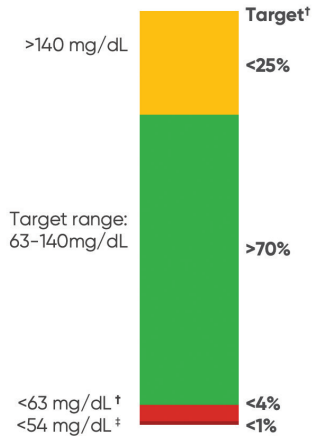


*Fingersticks required for diabetes treatment decisions if symptoms or expectations do not match readings.

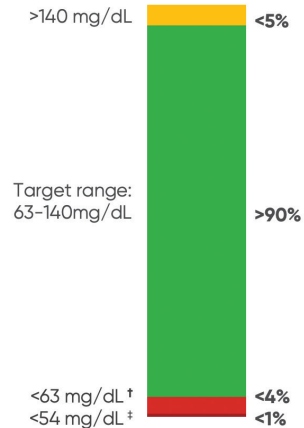
what is **time in range (TIR)**?

Time in Range (TIR) is the amount of time your body's glucose is within a target range. During pregnancy, the target glucose range is typically narrower than for non-pregnant individuals.*

**Established Goals Pregnancy:
type 1 diabetes[†]**



**Expert Opinion Pregnancy:
Gestational and type 2 diabetes[‡]**



1%
OF THE DAY

=



GOAL:
More Green. Less Red.

Every 5% increase (75 minutes) in TIR has been shown to benefit pregnant patients with T1D.³

*TIR: time in range in pregnancy (63-140 mg/dL). TIR for most people with T1D and T2D (70-180 mg/dL).

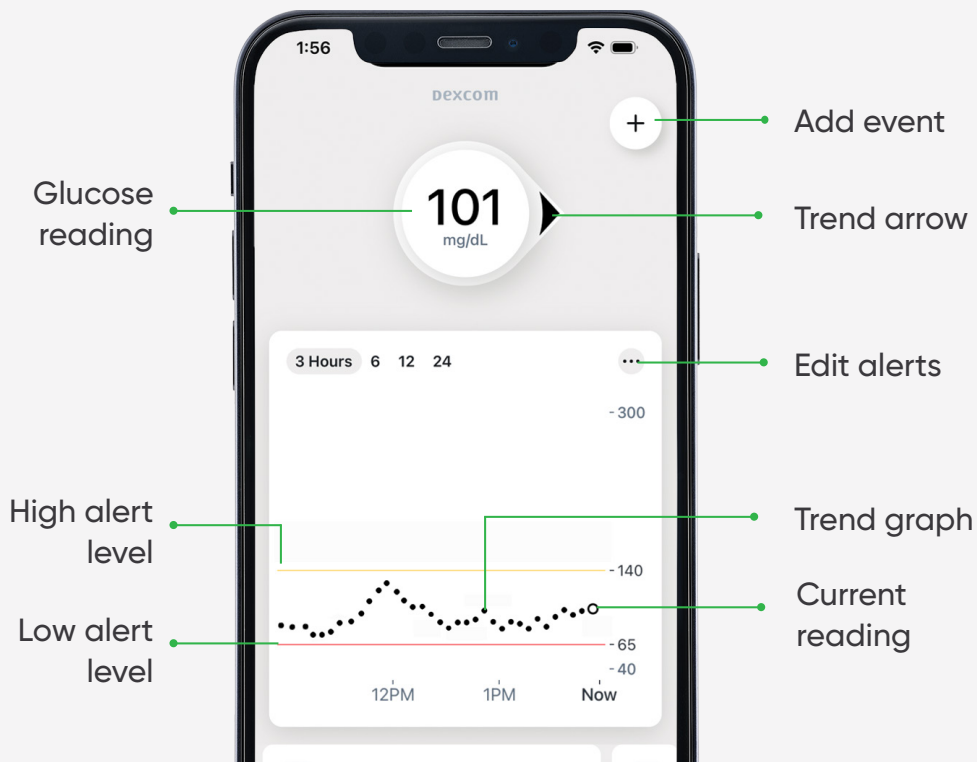
† International Consensus Guidelines have not defined glycemic targets for T2D and GDM.

‡ These TBR targets may not apply to GDM patients without hypoglycemic symptoms because levels <63 mg/dL may reflect normal glucose physiology of pregnancy patients. GDM, gestational diabetes mellitus; T1D, type 1 diabetes; T2D, type 2 diabetes; TBR, time below range; TIR, time in range.

1 Battelino T et al. *Diabetes Care* 2019;42(8):1593-1603. 2 Castorino K et al. *J Womens Health (Larchmt)*. 2025 Jan;34(1):10-20. 3 Murphy HR. *Diabetologia*. 2019;62(7):1123-1128.

glucose tab and trend arrows

Glucose tab shows sensor glucose reading, trend graph, and trend arrow.



Trend arrows show the direction your glucose is heading and how fast.

STEADY



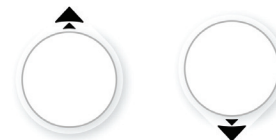
SLOWLY RISING OR FALLING



RISING OR FALLING



RAPIDLY RISING OR FALLING



how to get the **most out** of your **Dexcom CGM**

WEAR

Everyone's body responds to food, activity, and medications differently. The more you wear your sensor, the more you'll understand how food, activity, medications, stress, and illness affect YOUR glucose, enabling you to make smarter diabetes decisions.

EXPERIMENT

CGM is an excellent tool for discovering which foods raise your glucose or not. Try different foods or activities and ask yourself:

- **How did that meal affect my glucose?**
- **How did that activity change my glucose?**

PLAN

Your sensor can remain on during delivery unless otherwise instructed by your provider and unless requiring an MRI. Talk with your healthcare provider (HCP) about whether you need to continue monitoring your glucose after delivering your baby.



CUSTOMIZE

Customize Dexcom G7 app alerts to meet your pregnancy glucose targets by going to **Profile > Alerts** and setting them up with your HCP. Don't ignore alerts; take a moment to consider what might have caused them.

My high alert setting is: _____

My low alert setting is: _____

Ask your HCP how to treat a high or low and enter their response here:

If my glucose goes high/above _____ mg/dL: _____

If my glucose goes low/below _____ mg/dL: _____

PERSONALIZE

Work with your HCP to personalize goals and targets.

My fasting glucose goal is: _____

My glucose goal before meals is less than: _____

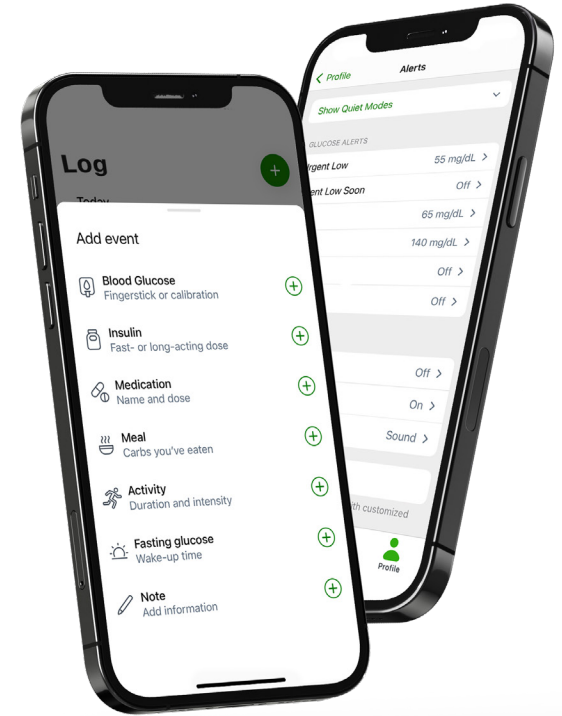
My glucose goal for after meals is: _____

SHARE

Clarity Clinic lets you share your data with your clinic using a clinic code. To start, go to **Connections > Clarity Clinic** in your Dexcom G7 app and follow the instructions to enter the code. **Clinic Code:** _____

LOG

Events can help you understand glucose changes. **For example, what happens to your glucose after breakfast?** Reflecting on these changes can offer insights. In the Dexcom G7 app, log events in the **Log tab** or by hitting the plus (+) on your glucose screen. You and your HCP can view logged events in the **Log tab**.



resources



Videos and FAQs

View videos at dexcom.com/training-videos

View FAQs at dexcom.com



Customer Service

General customer inquiries, CGM training and education

1-888-738-3646 • See dexcom.com/contact for hours



Technical support

1-888-738-3646

24 hours a day, 7 days a week



Dexcom CARE virtual programs

Attend free virtual sessions on getting started or CGM and pregnancy

See dexcom.com/dexcom-care

For concept illustration only. For complete instructions, read the indications, warnings, precautions, and instructions provided with your Dexcom CGM System.

BRIEF SAFETY STATEMENT: Failure to use the Dexcom Continuous Glucose Monitoring System 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 Dexcom CGM 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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