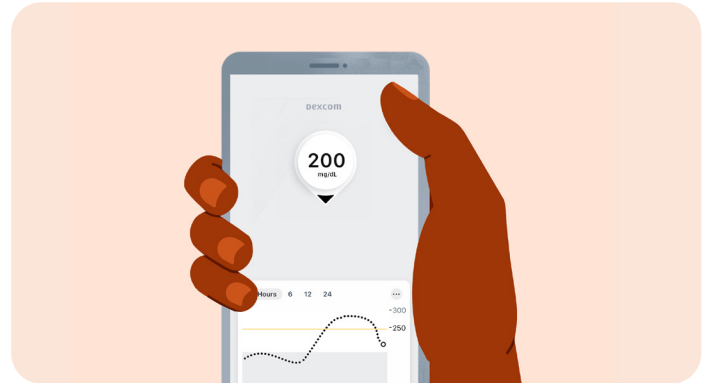


accuracy: bg meter vs. cgm reading

Have you ever wondered why your blood glucose (BG) meter and Dexcom G7 Continuous Glucose Monitor (CGM) reading are not the exact same number?



One explanation is that a BG meter measures glucose from the blood while Dexcom G7 measures interstitial fluid, so those numbers may be different. And, if your doctor did a lab test at the same time, the lab result may give a third number. The lab result is considered the most accurate number.

Other reasons there could be a difference between your BG meter and your Dexcom G7 are:

- **Hand cleanliness:** Wash your hands with soap and water (not hand sanitizer) and dry them. Then test. Many inaccurate BG meter values are from hands not being washed thoroughly before testing
- **Sensor's first day:** With newly inserted sensors, the differences between your BG meter and the Dexcom G7 reading may be greater. Generally, the numbers get closer over the first 24 hours.
- **Pressure on Dexcom G7:** Sometimes when something is pressing on your sensor, for example, if you're lying on it, it can affect your Dexcom G7 readings. Relieve the pressure and the numbers should get closer.
- **Glucose changing quickly:** When your glucose is rapidly changing, it can be more difficult to compare your meter and Dexcom G7 because blood glucose changes a little before interstitial fluid glucose. The match should get closer when your glucose stabilizes.
- **Test strips:** Make sure your test strips are stored as directed and not expired. Also, make sure to use enough blood on the test strip.

CALIBRATING vs. COMPARING

Calibrating is when you take a fingerstick and enter that BG reading into your Dexcom G7.

Comparing is when you take a fingerstick and do not use it to calibrate, but rather for comparison and awareness. With Dexcom G7, you can choose to "Log blood glucose" instead of calibrating.

CALIBRATING

Calibrating your Dexcom G7 is optional. It can make the Dexcom G7 more accurate or less accurate compared to the lab result, but it should bring the Dexcom G7 readings closer to your meter value. Don't calibrate if the Dexcom G7 reading is off because of pressure on the sensor. The sensor should recover on its own when the pressure is relieved. When calibrating, make sure to:

- Wash your hands with soap and water and dry them.
- Enter the calibration within 5 minutes of taking a fingerstick.

It can be helpful to calibrate when your Dexcom G7 reading is outside the range shown in the second column on the table below for several hours.

COMPARING

You can compare your BG meter and Dexcom G7 reading to see how closely the numbers match each other. Use the table to find out how your BG meter compares to your Dexcom G7 reading. Follow these steps:

1. In the first column, find the BG meter value closest to yours.
2. In that row, check whether your Dexcom G7 reading fits into the range in the second column.

If it fits, treat using the number that best fits your symptoms, whether it's from your Dexcom G7 or your BG meter. If it doesn't fit, don't treat with your Dexcom G7. Use your BG meter value instead.

BG Meter Value (mg/dL)	Dexcom G7 Reading (mg/dL)
40	20-60
50	30-70
60	40-80
70	56-84
80	64-96
90	72-108
100	80-120
110	88-132
120	96-144
130	104-156
140	112-168
150	120-180
160	128-192

BG Meter Value (mg/dL)	Dexcom G7 Reading (mg/dL)
170	136-204
180	144-216
190	152-228
200	160-240
210	168-252
220	176-264
230	184-276
240	192-288
250	200-300
260	208-312
270	216-324
280	224-336
290	232-348

BG Meter Value (mg/dL)	Dexcom G7 Reading (mg/dL)
300	240-360
310	248-372
320	256-384
330	264-396
340	272-408
350	280-420
360	288-432
370	296-444
380	304-456
390	312-468
400	320-480

Brief Safety Statement: Failure to use the Dexcom G7 Continuous Glucose Monitoring System (G7) 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 G7 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.