Get started

This sensor:

- Can be worn only by adults (age 18 or older)
- Lasts up to 15 days with a 12-hour grace period at the end[1]

You can set up the phone app, the receiver, or both, in either order.

[1]A study was conducted to assess the sensor life where 73.9% of sensors lasted the full 15 days. In other words, when using the product per the package labeling, approximately 26% of sensors may not last for the full 15 days.

Phone app users

If you don't have the Dexcom G7 app:

1. Download the Dexcom G7 app.

Apple® App Store®	Android™ Google Play

2. Follow system setup instructions in the app.

If you already use the Dexcom G7 app:

Tap **Start New Sensor** in the app and follow the in-app instructions.

All receiver users

Follow these steps if this is your first Dexcom G7 15 Day sensor.

1. Check that your receiver has the latest update. This helps ensure that sensor warmup duration displays correctly.
   a. On a computer, go to **dexcom.com/clarityapp**
   b. Follow the instructions to connect your receiver.
2. Update your Dexcom G7 receiver if an update is available.
3. Follow setup instructions in the *Receiver: Start Here* guide (in the receiver box).

You must have secure internet access during app setup and receiver uploads and updates.

At least every 6 months, upload your data to Dexcom Clarity and update your receiver if prompted.

Instructions for use

Essential Information

Before you begin, read the Safety Statements and the instructions in the Dexcom G7 15 Day User Guide.

You can also see the Dexcom G7 15 Day User Guide at:

- Phone app: **Profile > Help**
- **dexcom.com/guides**
- Free printed copy: Order at **dexcom.com** or **1-888-738-3646**

After setting up the system, you'll get an updated sensor reading every 5 minutes. Each sensor session lasts up to 15 days followed by an extra 12-hour grace period.[1]

Both the Dexcom G7 sensor and the Dexcom G7 15 Day sensor work with the Dexcom G7 app and receiver.

For supported smartphone and operation systems, see **dexcom.com/compatibility**.
For tips on keeping the sensor attached, see **dexcom.com/faqs**.

Any serious incident that has occurred in relation to this device should be reported to the manufacturer and the health authority of your country.

[1]A study was conducted to assess the sensor life where 73.9% of sensors lasted the full 15 days. In other words, when using the product per the package labeling, approximately 26% of sensors may not last for the full 15 days.

Safety Information

Dexcom G7 15 Day CGM System safety statements

Important user information

Read the indications, warnings, precautions, and instructions for your Dexcom G7 15 Day Continuous Glucose Monitoring (CGM) System (Dexcom G7 15 Day). If you don't, you may have inaccurate sensor readings, missed alerts, and might miss a severe low or high glucose event.

Getting familiar with Dexcom G7 15 Day could take days, weeks, or even months. Dexcom doesn't recommend continuous glucose monitoring for people who can't or won't:

- Use their BG meter to test their blood glucose if their symptoms don't match their sensor readings
- Keep in touch with their healthcare provider about diabetes management

Indications for use

The Dexcom G7 15 Day Continuous Glucose Monitoring (CGM) System (Dexcom G7 15 Day CGM System or G7 15 Day) is a real time, continuous glucose monitoring device indicated for the management of diabetes in persons 18 years and older.

The Dexcom G7 15 Day CGM System is intended to replace fingerstick BG testing for diabetes treatment decisions. Interpretation of the Dexcom G7 15 Day CGM System results should be based on the glucose trends and several sequential sensor readings over time. The Dexcom G7 15 Day CGM System also aids in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments.

The Dexcom G7 15 Day CGM System is also intended to autonomously communicate with digitally connected devices, including automated insulin dosing (AID) systems. The Dexcom G7 15 Day CGM System can be used alone or in conjunction with these digitally connected medical devices for the purpose of managing diabetes.

Contraindications

No MRI/CT/diathermy — MR unsafe: Don't wear any Dexcom G7 15 Day CGM System component during magnetic resonance imaging (MRI) or high-frequency electrical heat (diathermy) treatment. However, it's safe to have a CT scan if you keep the sensor out of the scanned area and cover the sensor with a lead apron during the scan.

The Dexcom G7 15 Day CGM System hasn't been tested in those situations when used during an MRI scan, diathermy, or in the scanned area of a CT scan. The magnetic fields and heat could damage components of the Dexcom G7 15 Day CGM System, which may cause inaccurate sensor readings or prevent alerts. Without sensor readings or alerts, you might miss a severe low/high glucose event.

Warnings

Read product instructions before you use your Dexcom G7 15 Day CGM System

Don't ignore low/high symptoms: Use your BG meter to make treatment decisions when your sensor readings don't match your low/high symptoms. If needed, seek immediate medical attention.

No number or no arrow, no CGM treatment decision: Use your BG meter to make treatment decisions when your Dexcom G7 15 Day CGM System doesn't show both a number and trend arrow as well as during the 60-minute sensor warmup period.

Don't use if you are on dialysis or critically ill: The Dexcom G7 15 Day CGM System performance hasn't been evaluated in these populations and sensor readings may be inaccurate.

Sensor wire breaks off: Don't ignore broken or detached sensor wires. If this happens, please contact 24/7 technical support (in the phone app, go to **Profile > Contact**).
If a sensor wire breaks off or detaches under your skin and you can't see it, don't try to remove it. Contact your healthcare provider if you have symptoms of infection or inflammation — redness, swelling, or pain — at the insertion site.

Where to insert — arm: Don't wear it on other sites as it may not work as expected. If you wore Dexcom G6 sensors on your abdomen, wear Dexcom G7 15 Day sensors on the back of your upper arm.

Clean and dry skin: If your insertion site and hands aren't clean and dry, you run the risk of infection and the sensor not sticking well. Clean your insertion site with alcohol wipes to prevent infections. Before insertion and during your sensor session, don't apply insect repellent, sunscreen, perfume, or lotion on your insertion site or sensor. This may cause the sensor to not stick well or could damage your Dexcom G7 15 Day CGM System.

Where to store: You can store your sensors at room temperature or in your refrigerator, between 36°F and 86°F, but not in the freezer.

Inspect: Don't use any damaged or cracked Dexcom G7 15 Day CGM System component because it may not work correctly and could cause injuries from electrical shocks.

Use as directed: The Dexcom G7 15 Day CGM System is small and may pose a choking hazard if swallowed.

Check settings: Make sure your smart device volume is turned up, not muted, and the speaker works.

When you have headphones connected, alerts will only sound through the headphones, not on your smart device speaker.

Your glucose alerts sound and display information by default even when your volume is low. Even when your phone or smartwatch is muted, the Urgent Low alert sounds unless you're using Silence All.

Quiet Mode (Vibrate): When this setting is enabled all your Dexcom G7 15 Day CGM System Alerts will vibrate. Your Urgent Low Glucose and Technical Alerts will still escalate to sound if not acknowledged.

Quiet Mode (Silence All): When this setting is enabled, all your Dexcom G7 15 Day CGM System Alerts will be silent. You won't receive sound or vibration for any alerts. You will still receive visual alerts on your phone and smartwatch. (Exceptions: The App Stopped Working and App Stopped: Phone Storage Full alerts will sound on your phone but they won't sound on your smartwatch when you use Direct to Watch.) Check your display device frequently to avoid missing a low/high event.

Watch app settings: The watch app uses settings from your phone app.

Bluetooth® wireless technology: Make sure your *Bluetooth* is on. If not, you won't get readings or alerts.

Notifications:

- Make sure your smart device settings follow Dexcom's recommended settings. Certain phone settings such as Android's Digital Wellbeing and Apple's Screen Time may prevent notifications if enabled.
- Allow Dexcom G7 15 Day CGM System app notifications to show on your lock screen. This will ensure you receive Dexcom notifications and allow you to see notifications without unlocking your phone.
- Android users must allow Location Permission, Do Not Disturb Access, and Notifications to use the app.
- Apple users must allow Location Permission and Critical Alerts to use the phone app.

Battery: Keep the battery charged.

Compatibility: Before upgrading your smart device or its operating system, check **dexcom.com/compatibility**. Automatic updates of the phone or watch app or your device operating system can change settings or shut down the app. Always update manually and verify correct device settings afterward.

While connected to the internet, the phone and watch apps check periodically and will display a message if it's not compatible (or no longer compatible) with your phone or your phone's operating system (OS). The message may include a time frame for updates.

Time: Let the date and time on your smart device automatically update when you travel across time zones or switch between standard and daylight saving times. Don't manually change your smart device time because you may not get readings or alerts and it may make the time on the trend screen wrong.

Use electrical equipment as directed:

Use of accessories, cables, adapters, and chargers other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

Portable radio frequency communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 12 inches to any part of the Dexcom G7 15 Day CGM System including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Use of this equipment adjacent to, or stacked with, other equipment should be avoided because it could result in improper operation.

Not using supplied USB charger and cable may cause the receiver battery to not charge. Don't use if the supplied USB charger or cable is damaged. Store supplied USB charger and cable safely. Misuse of the USB cable can be a strangulation risk.

Don't modify: No modifications to the Dexcom G7 15 Day CGM System are allowed.

Precautions

Secure internet: Only use a cellular internet connection, a trusted Wi-Fi network (like your home or office), or use a secure internet connection such as a VPN service when using your Dexcom G7 15 Day CGM System.

Don't use unsecured public Wi-Fi such as guest networks in other's homes, restaurants, schools, libraries, hotels, airports, airplanes, etc. Those could expose your Dexcom G7 15 Day CGM System to viruses or hacking.

Check connected devices: When using connected devices such as headphones, *Bluetooth* speakers, or smartwatches, you may get your alerts on only one, not all. After connecting any devices, make sure that your smart device settings allow you to continue receiving alerts.

Be accurate, be quick: If you calibrate your Dexcom G7 15 Day CGM System using your BG meter, enter the BG meter value on your meter within five minutes of measuring your BG.

Use fingertips: Use a BG sample from your fingertips when calibrating as blood glucose from other places may be less accurate and not as timely. Calibration is not required but you can do optional BG calibration to align with your meter.

Don't start past the Use By Date: Don't start a sensor past its Use By Date (YYYY-MM-DD) because it may give incorrect results. You can start a new sensor on or before its Use By Date. This gives you full wear.

Check package: Don't use your Dexcom G7 15 Day CGM System if the applicator and/or sterile cap has been damaged or opened, because it might cause an infection. Don't remove cap until ready for insertion.

Where to insert — things to check: The Dexcom G7 15 Day CGM System insertion safety guard is enabled until you press the Dexcom G7 15 Day CGM System applicator down against your skin. Only do this when ready to insert.

Change your insertion site with each sensor to allow the skin to heal.

Avoid areas:

- With loose skin or without enough fat to avoid muscles and bones.
- That get bumped, pushed, or you lie on while sleeping.
- Within 3 inches of infusion or injection site.
- With irritations, scarring, tattoos, or lots of hair. If needed, trim site with clippers.

Going through security check point: You can wear the Dexcom G7 15 Day CGM System sensor for the walk-through metal detector and Advanced Imaging Technology (AIT) body scanner. If you do, use your BG meter for treatment decisions until you leave the security area. This is because the Dexcom G7 15 Day CGM System hasn't been tested with every x-ray and security scanner and you may not be able to bring a display device.

You can also ask for hand-wanding or full-body pat-down and visual inspection instead of going through any walk through body scanners or putting any part of the Dexcom G7 15 Day CGM System in the baggage scanning machine.

Interfering substance risks

- Hydroxyurea precaution

Hydroxyurea is a medication used in the treatment of diseases including cancer and blood disorders; it is known to interfere with sensor readings.

If you are taking hydroxyurea, your sensor readings will be higher than your actual glucose, which could result in missed hypoglycemia alerts or errors in diabetes management, such as giving yourself a higher dose of insulin due to falsely high sensor glucose values. The level of inaccuracy depends on the amount of hydroxyurea in your body. Don't use your Dexcom G7 15 Day CGM System for diabetes treatment decisions if you are taking hydroxyurea. Talk to your physician about alternative glucose monitoring approaches.

- Acetaminophen precaution

With the Dexcom G7 15 Day CGM System, you can take a standard or maximum acetaminophen dose of 1 gram (1,000 mg) every 6 hours and still use the sensor readings to make treatment decisions.

Taking higher than the maximum dose of acetaminophen (e.g. > 1 gram every 6 hours in adults) may affect the sensor readings and make them look higher than they really are.

Keep your sensor close to display device: Keep your smartphone or receiver within 33 feet of your sensor. Keep your smartwatch within 20 feet of your sensor. Make sure there are no obstacles between your display device and your sensor. Otherwise, they may not be able to communicate.

Get alerts on display device you use: To get your phone app and receiver alerts, set them on the display device you use. Your receiver won't get the alerts you set in your phone app. Likewise, your phone and watch apps won't get the alerts you set on your receiver.

The watch app uses settings from your phone app.

When using a smartwatch, check it often to make sure it's working as expected.

Display device is on: Make sure your display device is turned on or you won't receive sensor readings or alerts.

Test speaker and vibrations: Test your receiver speaker and vibrations regularly.

To make sure the speaker and vibrations work, plug in the receiver to charge. The Speaker Test screen appears for a few seconds. Follow the directions on the screen to test the speaker and vibrations. If it doesn't beep and vibrate, contact technical support (in the phone app, go to **Profile > Contact**) and use your phone app, watch app, or BG meter until the receiver is fixed.

Keep receiver clean and dry: Don't submerge your receiver in water and don't get dirt or water in the USB port. That could damage it.

Cautions

Requires prescription: U.S. law restricts the sale of the Dexcom G7 15 Day CGM System to sale by, or on the order of, a physician.

Share and Dexcom Follow safety statements

Important user information

Use Dexcom Share (Share) to send your sensor information from your phone or watch app to your Followers' smart devices (Dexcom Follow app). For more information about supported devices and operating systems, go to **dexcom.com/compatibility**. Read the important user information and warnings below to find out how you can safely use Share.

Use as secondary notice: Your Followers' information is always older than yours. Use your current information to manage your diabetes, not your Followers' information. The information they get isn't meant to be used for treatment decisions, analysis, or teaching. Followers can't change your information.

Warning

Use your Dexcom G7 15 Day CGM System to make treatment decisions: Don't use Followers' information for treatment decisions, like treating for a low or dosing for a high. Follow your Dexcom G7 15 Day CGM System instructions to make treatment decisions.

Follow healthcare provider advice: Share isn't intended to replace self-monitoring practices as advised by your healthcare provider.

Risks

In rare cases, inserting the sensor can cause infection, bleeding, or pain, and wearing the adhesive patch can irritate your skin. In most patients, the adhesive reactions are mild and resolve within a week. Although uncommon, some people get a significant reaction from the sensor adhesive that may take weeks to resolve.

There is a remote chance a sensor wire could break off or detach and remain under your skin and you can't see it, don't try to remove it. Contact your healthcare provider if you have symptoms of infection or inflammation — redness, swelling, or pain — at the insertion site.

Inserting sensor (instructions also in app)

1. **Choose sensor site**
   IMPORTANT! Wear Dexcom G7 15 Day sensors on the back of your upper arm, even if you wore Dexcom G6 sensors on your abdomen.
   This sensor can be worn *only*:
   - By adults (age 18 or older)
   - On the back of your upper arm
   Avoid areas:
   - With loose skin or without enough fat to avoid muscles and bones.
   - That get bumped, pushed, or you lie on while sleeping.
   - Within 3 inches of infusion or injection site.
   - With irritations, scarring, tattoos, or lots of hair.
   To keep sensor attached see **dexcom.com/faqs**.

2. **Clean and dry site so sensor stays on**
   a. Wash your hands with soap and water. Dry.
   b. Rub the site with an alcohol wipe to get rid of all oils.
   c. Let your skin dry completely so the sensor will stick.

3. **Unscrew cap**
   - Don't touch the needle inside the applicator.
   - Don't use the applicator if it's damaged or previously opened.

4. **Use applicator to insert sensor**
   a. Relax any muscles near site.
   b. ① Push down applicator against your skin until the ring disappears.
      ② Keep it pushed down while you press the button.

5. **Remove applicator**
   a. Save the applicator because you may need its sensor ID later.

6. **Make sure sensor is secure**
   a. Press the top of the sensor for 10 seconds.
   b. Rub firmly around the patch 3 times.

   00:00:10

7. **Apply overpatch**
   You must apply the overpatch to keep the sensor on your body. It's bundled with the instructions in the sensor box.
   a. Carefully pull off both clear liners without touching the white adhesive. Leave the colored liner on the overpatch for now.
   b. Holding the colored liner's tab, carefully place the overpatch around the sensor.
   c. Rub around the overpatch.
   d. Remove the colored liner, leaving the overpatch on your skin.
   e. Rub around the overpatch again.
   f. Go back to the phone app or receiver to finish setup.
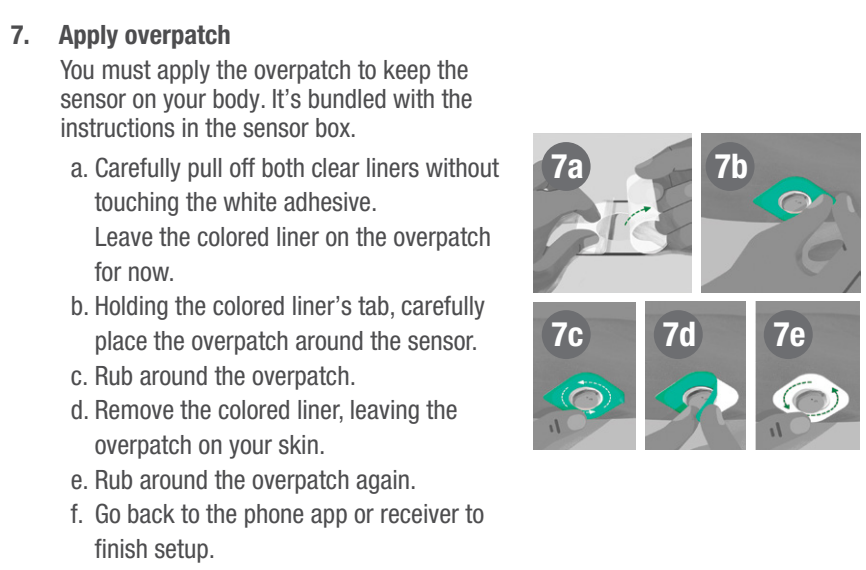
See **dexcom.com/faqs** for tips on keeping the sensor on your skin and for removing it.

Adhesive patch care

The longer you keep the patch dry and sweat-free in the first 12 hours, the longer it may stick to your skin.

When it gets wet, gently pat it dry as soon as you can.

Optional: If it peels off your skin, you can trim the peeled parts and put on medical tape. For more tips to keep the sensor attached see **dexcom.com/faqs**.

Images are representational. Your display device and product may look different.

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