

DexCom provides the following patient focused training tools: Seven Plus Tutorial (www.DexCom.Com), Seven Plus User's Guide, Seven Plus Quick Start Guide "Simple Steps for Success". *We recommend that patients review the tutorial and review the user's guide prior to training.*

Target Glucose Range:		High Glucose Alert Setting:	
Low Glucose Alert Setting:		Receiver Serial Number:	
Transmitter ID:		NOTES:	
Patient Signature:		Trainer Signature:	

You will need the following equipment for your SEVEN® starts:

- SEVEN Receiver (Charging can take up to 3 hours). Check time and date
- 1 New SEVEN Sensor (Review expiration date, lot number information).
- SEVEN Transmitter (Seven Transmitters are black, Seven Plus Transmitters are light grey). Review ID number and verify correct ID number is entered in Receiver.
- BG Meter and test strips (Review need for calibration, and ability to use any FDA approved meter).



Button and Menu Basics

- Review 4 buttons on Receiver:
 - Up/Down: moves you through screens, sets function values.
 - OK: confirms an entry and enters you into the Main Menu
 - C: Clears Alerts/Alarms and "backs" you out of a function
- Screens:
 - 3 hour trend screen is "home"
 - "Status Box" is upper right corner of trend screens

Basic Alarms and Alerts

- Review Alert Settings:
 - High Alert: can be set between 120-400mg/dl
 - Low Alert: can be set between 60-100mg/dl
 - Review alert types: vibrate, or vibrating and beeping, off.
- Review Hypoglycemic Safety Alarm: non-adjustable Alarm set at 55mg/dL. Will re-alarm if you stay below 55mg/dL.

Calibration Tips

- When entering a calibration, make sure hands are clean.
- Use the same meter for calibrations throughout a sensor session.
- Only use fingertips.
- Calibrate at least once every 12 hours.
- Enter calibration within 5 minutes of taking fingerstick
- Calibration can be done any time your Receiver shows:
 - A reading between 40-400mg/dL
 - A single blood drop  in the status box.
- Do not calibrate when you see ??? or  in the Status Box.

Troubleshooting and Customer Support

- DexCom Technical Support is available 24 hours a day/7 days a week to help with any questions about your SEVEN System. (1-888-SEVENGO (738-3646), option 3).
- During your Sensor session, do not use any products containing acetaminophen (such as Tylenol®).
- Remove your CGM System prior to a MRI.

Site Selection and Preparation

- Site selection considerations:
 - Sensor should be least 3 inches away from insulin injection site or pump infusion set (if applicable)
 - Avoid areas of scarring
- Site preparation:
 - Clean the selected site with an alcohol wipe and allow to dry completely.
 - Clean the Transmitter with an alcohol wipe and allow to dry completely.


Sensor Placement and Insertion

- Remove Sensor from packaging. Keep Sensor packaging as a reference.
- Remove adhesive backing from Sensor Pod one half at a time.
- Place Sensor on selected site.
 - “put down” the adhesive to help adhesion to the skin.
- Remove the Safety Lock from the Sensor Applicator.
 - Keep Safety Lock to remove Transmitter from Sensor Pod after the session has ended.
- Pinch up the skin where the Sensor will be inserted. (Optional)
- Insert your Sensor - 2 steps:
 - Use thumb to push down on the white plunger.
 - Next, pull back on the collar towards your thumb. Two “clicks” will be heard when the collar is in place.
- Release the Applicator from Sensor Pod:
 - Pinch the ribbed tabs on both sides of the Sensor Pod.
 - “Rock” the Applicator forward and away from the body.



Transmitter Placement and Installation

- Place Transmitter into Sensor Pod. Use a finger to help stabilize the Transmitter. Avoid putting too much pressure on Transmitter while snapping it into place.
- Lift the Transmitter Latch until you hear 2 clicks, this tells you the Transmitter is correctly in Sensor Pod.
- Remove Transmitter Latch (hold the Sensor Pod with one hand and twist the Transmitter Latch away from you until it snaps off).

Starting A Sensor Session

- Place Receiver and Transmitter next to each other to confirm communication
- Review Antenna Symbol 
- Go to Start Sensor menu option and press **OK** to begin session.
- The two-hour Sensor Start-Up period has begun.

Calibration

- Initial Calibration: First calibration after two-hour start up period.
- Double Blood Drop Prompt screen  will appear.
- Two fingersticks are needed for the initial calibration.
- Go to Enter BG Menu to enter fingerstick reading.
- Repeat process with the 2nd fingerstick value.
- Normal, 12 Hour Calibration (single blood drop prompt  screen will appear:
 - if no calibration the last 12 hours
 - if an additional calibration is needed.
- Follow same process to enter fingerstick reading

Please see the User's Guide for a complete list of features and customization options to help enrich the patient's experience with the Seven Plus.

