

Dexcom G4/G5 Continuous Glucose Monitor (CGM)

My Child uses the Dexcom CGM to help us monitor blood glucose (BG) levels and make changes to insulin doses based on the Dex readings.

It has three components:

1 – The sensor/transmitter combination. This attaches to the skin and contains a thin wire inserted below the skin. The sensor checks BG levels every 5 minutes and the transmitter sends those numbers to the receiver and cell phone via Blue Tooth.

2 – The Receiver will show a line graph of BG levels for the last 3-6 hours and the current reading with a trend arrow. The alerts are set to vibrate so this that it will not disturb class.

3 – The cell phone and the Dexcom Share app. Once the transmitter sends the signal to the phone, parents are able to see BG levels on their own phones and/or Apple Watch. This way we may text with instructions to drink juice to raise glucose or give insulin to reduce it. The phone is kept on the lowest volume setting so that only they can hear it.

The more we can keep in a safe BG range the better my child feels and therefore performs better in school.

