

Dexcom ONE+ primary care information sheet

What is Dexcom ONE+?

Dexcom ONE+ is a real-time continuous glucose monitoring system for self-monitoring glucose levels. Unlike traditional fingerprick devices (that measure glucose levels in the blood), Dexcom ONE+ measures glucose levels in the interstitial fluid via a small sensor on the skin and a tiny sensor fibre just beneath the skin. It updates readings and sends these automatically to a user's smartphone/receiver*.

The Dexcom ONE+ Continuous Glucose Monitoring System (Dexcom ONE+) is a glucose monitoring system indicated for continuously measuring glucose in the interstitial fluid in persons ages 2 years and older, including people who are pregnant. Dexcom ONE+ is designed to replace fingerstick blood glucose (BG) testing for treatment decisions.

Is this a replacement for fingerprick blood glucose testing?

Yes. The patient is however advised to use a blood glucose meter to make diabetes treatment decisions if their glucose alerts and readings do not match symptoms or expectations.

How does a patient get a reading?

The glucose measurement is automatically sent to the user's receiver/smart phone app* every 5 minutes. This allows the user to be proactive instead of waiting to see patterns and trends from fingerstick readings that they have recorded themselves.

The user can see their current glucose reading, a trend arrow showing the direction and rate of change of their glucose levels and their 3, 6, 12 or 24-hour glucose history. Patients receive measurements every 5 minutes across 24 hours to give a continuous record of glucose measurements.

How is the Dexcom ONE+ sensor applied on the body?

The Dexcom ONE+ sensor is applied to the back of the upper arm, abdomen (or upper buttocks children aged 2-6 years old) with a disposable applicator. When the sensor is applied, a thin and flexible enzyme coated sensor wire is inserted just under the skin and held in place with a small adhesive pad. The sensor lasts for 10 days.

Which smartphones are compatible with Dexcom ONE+?

Dexcom One+ can be used with compatible smart devices. Visit the website www.dexcom.com to view compatibility list or click here: <https://www.dexcom.com/en-GB/compatibility>.

What do continuing prescribers need to do?

Users can get set up and started by themselves quickly and easily online. Initiation can be carried out by either primary care practitioners, specialist diabetes teams or the user initiating themselves.

Sensors last 10 days. Therefore, users need 3 sensors per month. Sensors that fall off or malfunction should not be replaced on prescription – Dexcom should be contacted directly by the user, and they will send out a replacement. Please note additional items to dispose of the device correctly may be required – see disposal guidance. If the person has any issues with the device or requires further guidance, please do refer them back to the initiating team (details will be on the initiation paperwork).

Once the user has started using Dexcom ONE+ then usage and outcome reviews will be conducted by the initiating clinician.

Transfer of prescribing will be accompanied by clear monitoring responsibilities and information on ongoing review; this will be detailed in the request for long-term prescribing.

1. A disposable applicator is used to insert the glucose sensor. The glucose sensor can be work on the upper arm, abdomen (or upper buttocks children aged 2-6 years old).
2. The device uses an all-in-one sensor and transmitter.
3. Glucose measurements are sent wirelessly every 5 minutes to a receiver or smart device app*.

Where can I go to learn more?

Short video tutorials on how to set up the device and apply the sensor can be found at

www.dexcom.com

More in-depth training materials and information about continuous glucose monitoring for healthcare professionals can be found at

<https://uk.provider.dexcom.com>



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