AFTER TRAINING
CONTINUOUS GLUCOSE MONITORING MINIMED® 630G SYSTEM
# AFTER TRAINING
CONTINUOUS GLUCOSE MONITORING (CGM)
MINIMED® 630G SYSTEM

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Section 1: The First Few Days

Congratulations on starting CGM! What happens after training? In the next 6 days you will begin to start seeing the value of using CGM to gain insights for better glucose control.

There are a few important things to remember over the next few days and beyond. You will want to remember to:

1. Calibrate

You will need to test BG and enter it into the pump to receive sensor glucose values. This is called calibration. **Use the calibration schedule you made during training as a guide to help you get started.**

You will start receiving sensor glucose data 10-15 minutes after you enter the first start up calibration. After that, as long as you are entering calibrations as required, you will receive data. After 6 days of use, you will start the process again.

Day 1: Insert and start your sensor.

Day 1: Calibrate again within 6 hours and before bed.

Day 1: Calibrate in 2 hours when Calibrate now message is received. You will begin to see SG readings in 10-15 minutes.

Days 2-6: Calibrate every 12 hours.*

*Calibrating 3-4 times per day before meals and bed is best.

Day 6: Sensor expired alert.

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Review the Calibration Quick Reference Guide in the back of Book 2, During Training for ways to enter a calibration BG and important calibration tips.
2. Personalize Sensor Alerts

In the coming days, you will be receiving sensor alerts. This is one of the benefits of using CGM. Knowing how to address alerts and personalizing them to meet your needs is important.

When a sensor alert is received, remember to clear it:

- Read message on the pump screen
- Press ▼ and 0 to clear the alert
- Take any action needed

If a sensor alert is not cleared, the pump will begin to siren after 10 minutes. So it will be important to address and clear each alert.

Are you receiving a lot of sensor alerts?

Don’t get frustrated. The sensor alert settings can be changed so that you are alerted only when it is important to you. Speak with your healthcare professional to change an alert setting or possibly even turn a certain alert Off.

See page 9 and 10 for more information about sensor alerts and the Suspend on low feature.

3. Change your sensor

You will receive a Sensor expired alert at the end of six days. Inserting and taping a new sensor properly are important for the sensor to work well.

You learned how to insert the sensor at your training, but that has been about a week ago. Therefore, it is important to use one of the following to guide you through the steps:

- Quick Reference Guide: see page 31 of Book 2, During Training
- myLearning video: my.medtronicdiabetes.com/mylearning
- Medtronic Diabetes website: www.medtronicdiabetes.com/changesensor

Remember the tips on the following pages to help ensure the best sensor use for all 6 days of wear.
When inserting the sensor:

Hold the serter gently against your skin.

Place your fingers on the bumps on the green buttons.

Then press and RELEASE both buttons at the same time.

Continue to hold serter against body to allow the adhesive time to stick to the skin.

Slowly pull the serter away from the skin making sure the buttons are not pressed.

About the serter:

There is a small bump on each green button. Have your fingers on these bumps when inserting the sensor.

When loading and removing the sensor:

- Be sure the sensor is on a hard and even surface like a table or desk.
- Be sure your thumb is on the thumbprint and not the green buttons.
- Place the serter gently onto the sensor/pedestal to ensure it loads properly.
- Keep your thumb on the thumbprint when removing the serter.

Light to the touch

THE FIRST FEW DAYS
When removing the sensor needle:
Place fingers on the front and back of the sensor as shown (not on the sensor arms).
Hold the needle on the ridges at the top of the needle housing when removing it.

After sensor is inserted and the needle is removed:

Correct tape placement

Attach the overtape to both the rounded part of the sensor and the skin in front of the sensor.

When tape is placed onto the skin, press the adhesive against the skin to help ensure that it sticks securely.

When connecting the Guardian Link transmitter to your sensor:

Avoid pulling the adhesive tab too tightly when placing it over the transmitter.

Drawings throughout this document are only generic representations of the system components.

Is the sensor not staying attached to your body?
If you are having problems with the sensor staying in, or if the tape is coming loose, see page 10 for additional taping information.

In addition to the information in this guide, you will find helpful information in many of the Quick Reference Guides Found in the Handouts Section of Book 2, During Training.
Section 2: Frequently Asked Questions

The following pages provide answers to some of the most commonly asked questions and provides additional information that you may find helpful as you are using CGM.

Calibration

How do I know when a calibration is due?

You can go to the Sensor status to see when your next calibration is due. You will also see other information such as the time left before your sensor needs changed and the transmitter battery status.

To see this information, from the Home screen, select the Status Bar. Then select Sensor.

When a Calibrate now alert, is received, you have the option to change the Snooze time. This can be helpful if you are unable to calibrate right away. Once you select Snooze, you are able to test BG and calibrate.

Using the Snooze...

Sid recently started a new sensor and receives the Calibrate now alert. He sees a two up arrows next to the sensor value and knows he needs to wait to calibrate since arrows are present. He sets the Snooze to 45 minutes to remind him to calibrate then if glucose is stable. He remembers that he will not get sensor glucose readings until he enters a BG to calibrate.
Sensor and Blood Glucose

The glucose value on my meter and the sensor glucose value do not match. Is there something wrong?

Your meter readings and sensor glucose readings will be close, but will rarely match exactly because of how glucose moves between the blood and the interstitial fluid. This difference is normal and should be expected. Expect to see a larger difference between your meter and sensor reading when glucose levels are rising or falling quickly.

If you have concerns about the differences between SG and BG, make sure you:

- **Wash hands** before checking your BG.
- **Don’t wait to enter the BG value.** If you plan to use a BG value to calibrate, enter it right away.
- Calibrate **before** meals, **before** taking insulin, and **before** bedtime.
- Do **3-4 but no more** calibrations each day.

Can I use my sensor glucose values to make therapy decisions such as giving a bolus?

No. All therapy decisions, for example, giving a bolus for a high glucose or treating a low glucose, need to be made based on a BG value. You will need to check your blood sugar on your meter and use the fingerstick value to treat.
Sensor Glucose Data

The Home screen shows the last 3 hours of sensor glucose values. Can I see values beyond 3 hours?

Yes. In addition to the 3-hour graph, you can also view 6-hour, 12-hour and 24-hour glucose trend graphs.

To see this information, highlight the Home screen graph and press select.

- Press to see the additional graphs
- Press to scroll along the graphs and see SG values and bolus information

What do the arrows on the sensor display mean?

These trend arrows indicate the rate that your glucose values have been moving up or down.

- or Glucose has been changing (about 20-40 mg/dL over the last 20 minutes)
- or → Glucose has been changing quickly (about 40-60 mg/dL over the last 20 minutes)
- or → Glucose has been changing very quickly (more than 60 mg/dL over the last 20 minutes)

Trend arrows show me the speed and direction my glucose has been changing.
Sensor Alerts and Suspend

How does the Suspend on low feature work?

When Suspend on low occurs, all insulin delivery is stopped immediately. Your pump will alarm and the screen will display the message shown here:

Press ✔ and ✗ to clear the alarm.

Insulin will remain suspended after the alarm is cleared.

If the Suspend on low alarm is not cleared after 2 minutes:
- the pump will begin to siren
- an emergency message will appear on the pump screen
This will continue until the alarm is cleared.

If you clear the alarm within 2 hours:
- insulin will stay suspended for a maximum of 2 hours unless you manually resume delivery
- basal insulin will then resume and will not suspend again for the duration of time determined by your low snooze setting
- after this time has passed, insulin will then be suspended again if sensor glucose is at or below low limit

If you do not clear the alarm:
- insulin delivery will remain suspended for 2 hours
- basal insulin will then resume and not suspend again for 4 hours regardless of your sensor glucose value
- if you clear the alarm during the 4 hours period, the suspend feature is available again once the duration of your low snooze setting has passed

Warning: Suspend on low uses the sensor glucose value, not the blood glucose value, to automatically suspend all insulin delivery. Be aware that insulin could be suspended while your sensor glucose is at or below the low limit, but your blood glucose is above that limit. This could result in hyperglycemia. Likewise, your pump may not suspend even when your blood glucose is at or below the low limit. This could result in hypoglycemia. Always confirm your blood glucose using your BG meter and treat as directed by your healthcare professional.
How is basal delivery resumed after Suspend on low occurs?

When a Suspend on low event occurs, basal insulin can be resumed either automatically or manually.

**Automatic**
Basal insulin will automatically resume if insulin has been suspended for the maximum of 2 hours. You will always receive a Basal delivery resumed alert when this occurs.

**Manual**
There may be times when you choose to resume basal insulin delivery yourself.

From the Home screen, select Suspend on low. Then select Resume Basal and Yes to confirm.

Can I silence sensor alerts when I am, for example, in a meeting or class?

Yes. The Alert Silence feature allows you to temporarily silence sensor alerts for the period of time that you set. If a sensor alert occurs when Alert Silence is on, a Sensor alert occurred message is displayed and the notification light flashes, but there is no beep or vibration. You would then go to History and Alarm History to see what alert occurred. Alerts will automatically return to audio and/or vibrate at the end of the duration that you set.

To temporarily silence sensor alerts, go to Sensor Settings and select Alert Silence. Select the types of alerts you want to silence and the Duration. Select Begin.

Alert on low is never silenced if Alert Silence is On. Insulin will be suspended if Suspend on low is On and the low limit is reached.
Sensor Position and Taping

Is there anything I can do if the sensor is not staying on my body for 6 days?

Yes. Consider these options when wearing the Enlite sensor to help keep the sensor from pulling out of the skin:

Choose the right insertion site and orientation. Avoid areas that might have too much bending or constriction like the belt line and where there is scarring or hardened tissue. Try a sensor position where the sensor is lower than the transmitter.

You can also try one of these additional taping methods.

Enlite Overtape – Enhanced Taping Method

Option 1
Allows ventilation around the back of the transmitter.

Option 2
Holds the back of the transmitter secure against the skin.

Other tape products may be cut into strips and placed over the transmitter.* Extra pieces of Enlite overtape can be found in each box of sensors. To order other tape products, call 1.800.646.4633 or visit my.medtronicdiabetes.com

*Always reference manufacturer IFU or user guide for appropriate application instructions.

How do I know if the sensor over tape has been applied correctly?

Correct
Overtape is covering both the rounded part of the sensor and the skin in front of the sensor.

Not Correct
There is no overtape covering the sensor. The overtape is covering the sensor connectors and is not covering the skin in front of the sensor.
CareLink® Personal Software

Why should I use CareLink Personal Software?

CareLink Personal software can help you better understand your glucose control. By looking at your reports, you can see glucose patterns that are occurring, that is, highs and lows that may be happening at the same times every day. You are then able to discuss this with your healthcare professional during your visit.

To learn more about the benefits of using CareLink Personal software, watch the short videos at www.MedtronicDiabetes.com/CareLink-Info:

- Why CareLink Personal Software is Helpful to Me
- Looking at My Pump and Sensor Data

What reports are available when I download my pump?

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<td><strong>Therapy Management Dashboard</strong></td>
<td>Provides a summary of your glucose, carbohydrate intake, and insulin information. Helps to visually see glucose trends and high and low patterns during the day, overnight, and at meal time using sensor glucose readings and statistical information.</td>
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<td><strong>Episode Summary</strong></td>
<td>Provides a summary of glucose patterns and details including a description of events preceding episodes of low and high glucose to help you see what may have caused the event.</td>
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<td><strong>Adherence</strong></td>
<td>Information about pump and sensor use such as BG measurements, sensor wear, boluses, and other pump activities.</td>
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<td><strong>Sensor &amp; Meter Overview</strong></td>
<td>A summary of sensor and meter glucose readings, carbohydrate intake and insulin information. Provides an overview of glucose control during the day, overnight, and at meal time using sensor glucose readings and statistical information. Helps to identify the relationship between glucose, insulin, food, and events for each day.</td>
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<td><strong>Logbook</strong></td>
<td>Meter glucose readings, carbohydrate intake and insulin information in a report that looks similar to a written log book.</td>
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<td><strong>Device Settings Snapshot</strong></td>
<td>Provides the current insulin pump and CGM settings.</td>
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<tr>
<td><strong>Daily Detail</strong></td>
<td>Each page presents detailed information from your pump, meter, and sensor for one day. Provides insight into your glycemic control, including response to carbohydrate intake and insulin use.</td>
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How do I use these reports to understand my glucose trends?

It can be helpful to focus on just one or two reports at first. Using the 1-2-3 approach and looking at specific sections of the Therapy Management Dashboard and Sensor & Meter Overview reports can help you and your healthcare professional better manage your diabetes. Before you look at your own reports, go online to MedtronicDiabetes.com/TMD and to MedtronicDiabetes.com/sensor-meter3. The example reports you find there will guide you as you answer the questions below.

### Step 1: Look at the overnight period

**Do you see a pattern of lows?**
- Consider talking to your healthcare professional (HCP) about reducing your overnight basal insulin/rates.
  - Was too much insulin given for your bedtime snack?
  - Did you exercise later in the day or in the evening hours?

**Do you see a pattern of highs?**
- Consider talking to your HCP about increasing your overnight basal insulin rates.
  - Was there a bedtime snack that you did not bolus for?
  - Was your BG level already high before bed?

### Step 2: Look at the period before meals

**Do you see a pattern of lows?**
- Consider talking to your HCP about decreasing your basal insulin.

**Do you see a pattern of highs?**
- Consider talking to your HCP about increasing your basal insulin.

### Step 3: Look at the period after meals

**Do you see a pattern of lows?**
- Were you accurately carb counting?
  - Was insulin given at the right time?
  - Does your carb ratio need adjusting?
  - Consider using a Dual Wave® bolus if the meal was high in carbs and fat.

**Do you see a pattern of highs?**
- Were you accurately carb counting?
  - Was insulin given at the appropriate time?
  - Does your carb ratio need adjusting?
  - Consider using a Dual Wave® bolus if the meal was high in carbs and fat.

Insulin sensitivity, carb ratios and active insulin may need adjusting. Exercise and physical activity, stress or illness could also be affecting your glucose levels. Discuss these topics with your healthcare professional.
Charging the Guardian Link Transmitter

What do I need to know about charging my transmitter?

Charge the transmitter before each use. When the transmitter is charging, a green light will flash on the charger. This green light will turn off when the transmitter is completely charged. You will need to charge the transmitter after each sensor use. A fully charged transmitter can be used for a maximum of six days without recharging. It can take up to an hour to fully recharge.

When you remove the transmitter from the charger, a green light should flash on the transmitter. This indicates that it has enough battery power to be connected to the sensor. If you do not see the green flashing light on the transmitter place it back on the charger until it is fully charged.

The lights on my charger are blinking. What does this mean?

- If you connect transmitter to charger and you see no lights on the charger: replace the battery in the charger.
- While charging your transmitter you see a flashing red light on the charger: replace the battery in the charger.
- While charging your transmitter you see a repeating pattern of quick red flashes followed by a long single red flash: replace the battery in the charger and fully charge the transmitter.
**Guardian Link Transmitter Care**

**How do I store my Guardian Link Transmitter?**

Store the transmitter, charger, and test plug in a clean, dry location at room temperature. Although not required, you may store the transmitter on the charger. If the transmitter is not in use, you must charge it at least once every 60 days.

**How do I clean the Guardian Link Transmitter?**

1. Wash your hands thoroughly.
2. Attach the tester to the transmitter.
3. Dampen a clean cloth with mild liquid soap and warm water. Wipe the outside of the transmitter.
4. Rinse the transmitter under warm tap water.
5. Using an antibacterial hand sanitizer (available at a local drugstore) on a clean, dry cloth, wipe the transmitter’s surface. Do NOT get any hand sanitizer inside the tester opening or transmitter connector. Repeated exposure to hand sanitizer could damage the connectors and affect the transmitter’s performance as a result. If you get hand-sanitizer inside the tester or connector, allow them to air dry.
6. Disconnect the tester from the transmitter.
7. Place the transmitter on a clean, dry cloth and air dry for 2–3 minutes.

The charger and tester are only watertight when they are connected to each other. Do NOT immerse in water or any other cleaning agent if not connected. If liquid gets inside the black connector of the tester, shake the liquid out and allow to air dry.

**X-ray, MRI or CT-Scan**

**I am having an X-ray, MRI or CPT scan. What do I need to know?**

If you are going to have an X-ray, MRI, CT scan, or other type of diagnostic imaging involving radiation exposure, remove your insulin pump, transmitter, and glucose sensor and place them outside of the testing area.
Traveling by Air

I will be traveling by airplane. Is there anything I should know?

Going through Airport Security

Your pump should not go through the x-ray machine that is used for carry-on or checked luggage or the fully body scanner. Request an alternative screening process that does not use x-ray. Your CGM system can withstand exposure to metal detectors and wands used a security checkpoints.

Traveling by Air

Your transmitter, sensor and insulin pump are safe for use on U.S. Commercial airlines and can be worn during flight. If airport security requests that you turn off your CGM device, you must comply. Check with the Transportation Safety Administration (TSA) for updates. International travelers should consult with their individual air carriers and international regulations.

Using Airplane Mode

If you need to temporarily stop wireless communication during a flight, you can use the Airplane Mode feature. To turn Airplane Mode On, Select Utilities and then Airplane Mode. Select again to turn On and select Save.

While Airplane Mode is On, the transmitter continues to collect glucose levels measured by the sensor.

Once the flight has ended, you can again select Utilities and Airplane Mode. Select again to turn Off and select Save.

Once airplane mode has been turned off and communication resumes, the transmitter will send up to 10 hours worth of sensor data to your pump.

If in airplane mode less than 6 hours, wait 15 minutes for sensor data to appear on pump screen. If greater than 6 hours, disconnect transmitter, reconnect it, and select Reconnect Sensor when it appears on the Home screen to begin warm up.
Section 3: Help and Supply Ordering

The information on this page is important as you continue using CGM.

Who can I contact for assistance?

Starting continuous glucose monitoring is exciting, but it can also sometimes feel like a lot to learn. If you need answers, there are a few places you can go:

- Quick Reference Guides on a variety of topics can be found in Book 2, During Training
- To find additional information on many topics go to www.medtronicdiabetes.com/support
- For classes to review information and help you learn more, go to my.medtronicdiabetes.com/mylearning
- The 24-Hour HelpLine is there for you 24 hours a day, 365 days a year to help with any technical questions: 1.800.646.4633

How do I order supplies?

There are several ways to order your CGM supplies. Choose the way that works best for you.

- **mySupplyConnection™ Automatic Reorder Program:** Call 1.800.646.4633, Option 2 to have your supplies automatically sent to you on a regular basis.
- **Online Store:** Create an account at my.medtronicdiabetes.com and order online. If you have already gone onto myLearning, you will use that username and password.
- **myMedtronic Connect:** This app lets you order supplies right from your phone. Go to iTunes or Google Play Store to download.
- **Automated Phone System:** Place an order 24 hours a day, 7 days a week by calling 1.800.646.4633, Option 2.
- **Live Representative:** Call the Supply Order Team at 1.800.646.4633, Option 2, Monday through Friday from 8:00 am to 6:00 pm CST.

If we haven’t heard from you, watch for an email, text, or call from the supply team to be sure your supplies are ordered. Please always keep your email and cell number updated with us.