

我的 Dexcom 探头准吗？ Is my Dexcom sensor accurate?

DEXCOM G6 连续葡萄糖监测系统(DEXCOM G6)读数和血糖仪数值 DEXCOM G6 CONTINUOUS GLUCOSE MONITORING SYSTEM (DEXCOM G6) READING AND METER VALUE



无论您是 Dexcom 新手还是有经验的用户，在使用 Dexcom G6 之前，请阅读产品说明。直到你知道德克斯康对你有什么作用前，请继续使用血糖仪做出治疗决定。你的血糖仪给你一个数值，如果你测试两次（使用相同或不同的血糖仪），它给你另一个数值，你的 Dexcom G6 给你第三个数值。你怎么处理那些数值？ Whether you're new to Dexcom or experienced, review product instructions before using the

Dexcom G6. Keep using your BG meter to make treatment decisions until you know how Dexcom works for you. Your meter gives you one number, if you test twice (using the same or a different meter) it gives you another number, and your Dexcom G6 gives you a third. What do you do with all those numbers?

测试 The test



你的医生做的测试被认为是比你在家里使用的任何产品都更准确的葡萄糖值。血糖仪和 Dexcom G6 都与医生的测试进行比较，以测量临床研究的准确性。他们不能互相比较。因此，Dexcom G6 读数(G6 读数)和血糖仪数值不太可能是完全相同的数值，但它们应该很接近。比较血糖仪和您的 Dexcom G6，看看这些数值彼此匹配的程度：如果您的 G6 读数和血糖仪数值在我们所说的 20 规则(也称为%20/20 法则)范围内，它们就会非常匹配。 The test your doctor does is considered a more accurate glucose number than any products you use at home. Both meters and Dexcom G6 are compared to that

doctor's test to measure accuracy in clinical studies. They aren't compared to each other. Because of this, the Dexcom G6 reading (G6 reading) and meter value are unlikely to be exactly the same number, but they should be close. Compare the meter and your Dexcom G6 to see how closely the numbers match each other: if your G6 reading and meter value are within what we call the 20 rule (also known as the %20/20 rule), they match closely.

规则 The rule

要使用 20 规则，请使用下表遵循以下步骤：To use the 20 rule follow these steps using the table below:

1. 在绿色中间栏中查找您的血糖仪数值。 Look up your meter value in the green middle column.
2. 左侧 G6 - 列显示了 G6 读数的低范围，该读数非常接近。 The left G6 - column shows the low range for a G6 reading that's a close match.
3. 右侧的 G6 + 列显示了 G6 读数的高范围，该读数非常接近。 The right G6 + column shows the high range for a G6 reading that's a close match.

G6 -	Meter Value mg/dL	G6 +	G6 -	Meter Value mg/dL	G6 +	G6 -	Meter Value mg/dL	G6 +
low	40	60	136	170	204	232	290	348
low	50	70	144	180	216	240	300	360
40	60	80	152	190	228	248	310	372
50	70	90	160	200	240	256	320	384
64	80	96	168	210	252	264	330	396
72	90	108	176	220	264	272	340	high
80	100	120	184	230	276	280	350	high
88	110	132	192	240	288	288	360	high
96	120	144	200	250	300	296	370	high
104	130	156	208	260	312	304	380	high
112	140	168	216	270	324	312	390	high
120	150	180	224	280	336	320	400	high
128	160	192						

例如，橙色突出显示的行显示，如果您的血糖仪数值为 100 毫克/分升，如果 G6 读数在 80 至 120 毫克/分升之间，则 G6 读数非常接近。 For example the orange highlighted row shows that if your meter value is 100 mg/dL, your G6 reading is a close match if it's between 80 and 120 mg/dL.

良好的手指采血习惯 Good fingerstick practices



使用血糖仪时，请确保：When using your meter, make sure:

- 您的试纸按指示储存，不会过期。 Your test strips are stored as directed and not expired.
- 你的手是干净的。用肥皂和水(不是洗手液)彻底洗手并擦干。然后测试。 Your hands are clean for the fingerstick. Wash your hands thoroughly with soap and water (not hand gel) and dry them. Then test.

有时数值会暂时不匹配，但随着时间的推移，可能会变得更接近。例如：There are times when the numbers temporarily don't match, but are likely to become closer over time. For example:

- 探头的第一天。使用新植入的探头，您的血糖仪数值和 G6 读数之间的差异可能会更大。一般来说，（数值）匹配在最初的 24 小时内会越来越接近。 **Sensor's first day.** With newly inserted sensors, the differences between your meter value and the G6 reading may be greater. Generally, the match gets closer over the first 24 hours.



- 葡萄糖变化很快。当你的葡萄糖变化很快时，比较数值就更困难了。血糖仪和 Dexcom G6 测量不同来源(血液和组织液)的葡萄糖，血糖在组织液葡萄糖前稍有变化。当你的血糖稳定时，匹配变得更接近和更容易比较。 **Glucose changing quickly.** When your glucose is changing quickly, it's more difficult to compare numbers. The meter and Dexcom G6 measure glucose from different sources (blood and interstitial fluid), and blood glucose changes a little before interstitial fluid glucose. The match gets closer and easier to compare when your glucose stabilizes.
- 探头上的压力。当有东西压在你的探头上时，它会影响你的 G6 读数。压力缓解后，匹配应该会更接近。 **Pressure on sensor.** When something is pressing on your sensor it can affect your G6 readings. The match should get closer after the pressure is relieved.

要决定做什么，看几个小时你的 G6 读数。如果读数总是高于(或低于)您的血糖仪数值，并且总是在 20 法则之外，请考虑校准。如果您的 Dexcom G6 和血糖仪数值不匹配，并且您的预期或症状符合血糖仪数值，而不是 G6 读数，也可以考虑校准。 To determine what to do, watch your G6 readings over several hours. If the readings are always higher (or always lower) than your meter values and always outside the 20 rule, consider calibrating. Also consider calibrating if your Dexcom G6 and meter numbers don't match and your expectations or symptoms fit the meter value, not the G6 reading.

校准 Calibration

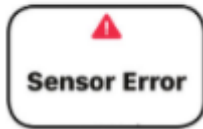


永远不需要用您的血糖仪校准您的 Dexcom G6。与实验室结果相比，它可以使 Dexcom G6 更精确或更不精确，但它应该使 G6 读数更接近血糖仪数值。Calibrating your Dexcom G6 with your meter is never required. It can make the Dexcom G6 more accurate or less accurate compared to the lab result, but it should bring the G6 readings closer to the meter values.

校准时，确保: When calibrating, make sure:



- 您在捏起指尖后的 5 分钟内进入校准。You enter the calibration within 5 minutes of taking a fingerstick.
- 探头出错时，不进行校准。You don't calibrate during Sensor Error.



如果你愿意，你可以自己计算 20 法则。Dexcom G6 读数必须在以下范围内：If you'd like, you can calculate the 20 rule on your own. The Dexcom G6 reading must be within:

- 当血糖仪数值为 80 毫克/分升或更高时，（差距应该）为血糖仪数值的 20%（以内）
20% of the meter value when the meter value is 80 mg/dL or higher
- 当血糖仪数值低于 80 毫克/分升时，（差距应该）为血糖仪数值的 20 毫克/分升（以内）
20 mg/dL of the meter value when the meter value is under 80 mg/dL

请注意:此处列出的信息仅适用于美国境内的德克斯康 CGM 用户。 Please note: the information listed here is applicable to Dexcom CGM users within the US only.

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以页眉英文网站为准