



READING



SOAKING

Soak your G7.

A smoother start for every new Dexcom G7 sensor.

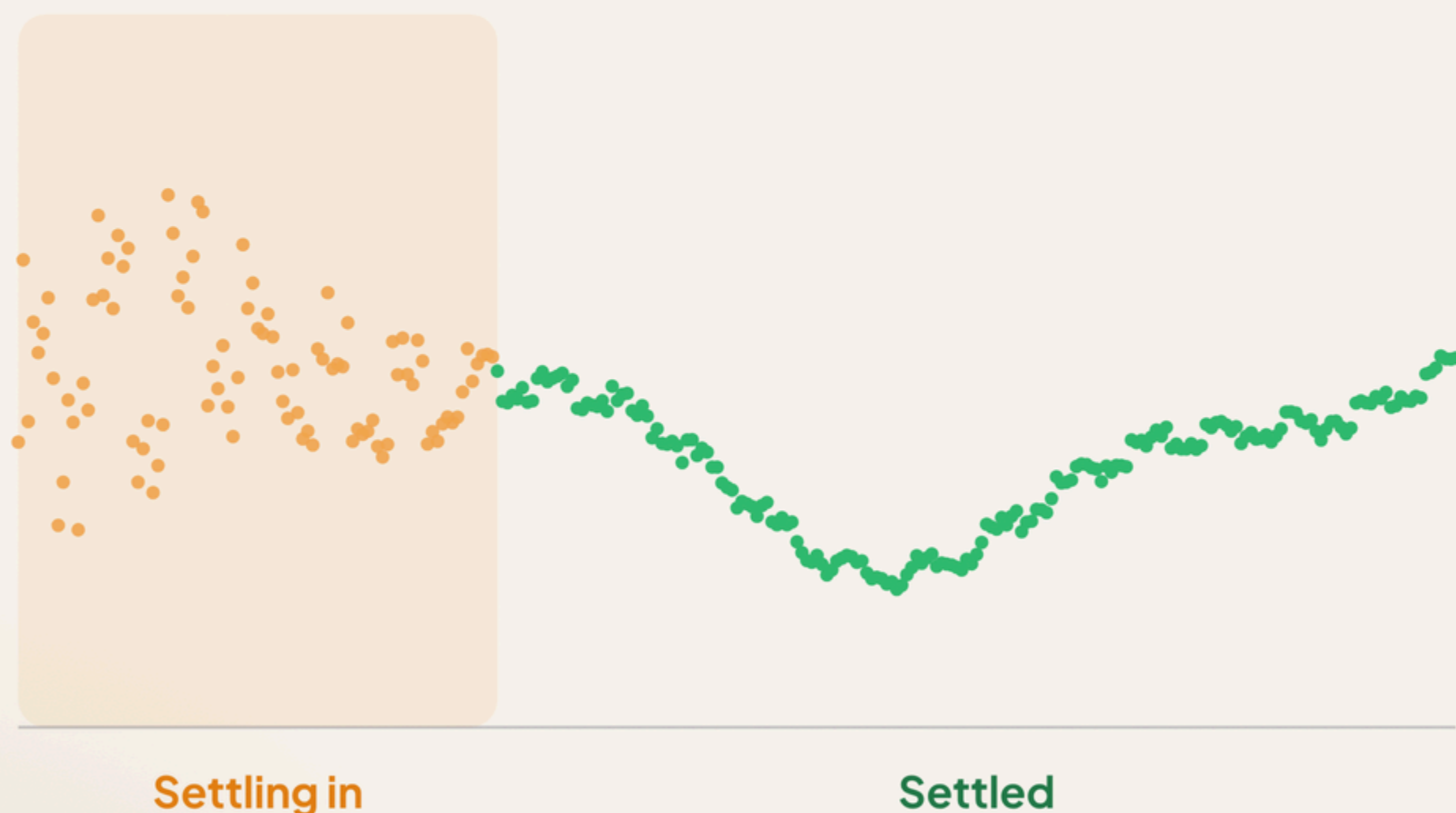
SWIPE



WHY SOAK?

New sensors need time to settle in.

Inserting the tiny filament is a small poke under the skin. For the first few hours, readings can bounce around.



Illustration, not real data. Studies across CGM brands find the first day of wear is the least accurate.

THE IDEA

Insert early. Start later.

Your old sensor keeps reading while the new one quietly settles in.



OLD SENSOR

Reading your numbers

Still in the Dexcom G7 app.



NEW SENSOR

Soaking

On your body, not started yet.

THE SECRET

The 12-hour grace period makes room.

After 10 or 15 days, a G7 keeps working for 12 more hours. That's your soaking window.

Day 10 or 15

Sensor to day 10 or 15

12-hour grace period

Potentially jumpier readings

NEW SENSOR

Soaking

Your next 10 or 15 days

Put on the new sensor about when the 12-hour grace period starts
30–60 min warm-up

Activate switchover to new sensor in this range

+4 h

+12 h

Activate and switch to the new sensor no later than when the old sensor's grace period ends.

THE WORKFLOW

Four steps, every 10 or 15 days.

1

DAY 10 OR 15

Put on the new sensor.

Scan the applicator in Gluroo.
Don't start it in the Dexcom G7 app yet.

2

WAIT

Let it soak 4–12 hours.

Your old sensor keeps reading during its grace period.

3

SWITCH

Start it in the Dexcom G7 app.

End the old sensor, then pair the new one with its 4-digit code.

4

DONE

Tap “Log G7 starting this sensor”.

Gluroo logs the switch.
Remove the old sensor.

WHERE GLUROO HELPS

Put on and started are two different moments.

Gluroo logs both, so your GluCrew sees the soak too.
One tap when you switch.

✓ G7 (still active)

Started
7:30 AM
Thu Oct 8

Expires
7:30 AM + 12h
Sun Oct 18

✓ G7 (soaking 5.2h)

Started
7:30 AM
Sun Oct 18

Expires
7:30 AM + 12h
Wed Oct 28

[Log G7 starting this sensor](#)

Illustration of the Gluroo Devices card

OMNIPOD 5 USERS

Using an Omnipod 5? An extra step made easier.

Your Omnipod 5 app needs the new sensor's serial number too. Gluroo saves it, with the 4-digit code, when you scan the applicator, and can read both out loud.

Log G7 Sensor Start

To switchover to the soaking sensor you must:

- Update the Dexcom G7 app by entering the 4 digit code.

4821

Speak Device Code

- Update Omnipod 5 app to switch to the G7 sensor by entering the serial number.

Serial number

3104 5826 77

Tap Ok below after you have completed the steps above to log this sensor as active.

Speak Code and Serial Number

OK

Illustration. Code and serial number are made up.

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GOOD TO KNOW

A few simple rules.

Talk with your care team first.

Soaking is a community practice. It isn't part of the Dexcom G7 instructions.

Stay inside the 12 hours.

Switch before the old sensor's grace period ends.

Trust how you feel.

If readings don't match your symptoms, check with a fingerstick.

Using an Omnipod 5? Update both apps.

The code goes in the Dexcom G7 app, the serial number in the Omnipod 5 app.



Smooother day ones, every 10 or 15 days.

Try soaking your next G7 with Gluroo®.

gluroo.com/support/cgm-sensor-soaking



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