












Exercise Guide for CAMS APS FX

1. Enter weight in kilograms into this box (max 99kg)
2. Start Ease Off before (ideally 90 mins before) exercise and for full exercise duration.
3. Check glucose just before and every 20 minutes during exercise. Give the carbohydrate required based on the value and trend arrow. Carbohydrate choice can be changed in the drop down box
4. Request a Dietitian appointment if you do a lot of exercise as this plan may not be suitable.

Sensor glucose Levels	Rate of glucose change trend arrow & action to take	Carbohydrate grams needed for 20 minutes		
less than 4.0 mmol/l	No exercise: Treat hypoglycaemia			
4.0 - 6.4 mmol/l	 ↓↓			
	 ↓			
	 ↘			
	 →			
	 ↗			
	 ↑			
6.5 - 9.9 mmol/l	 ↓↓			
	 ↓			
	 ↘			
	 →			
	 ↗			
10.0 - 13.9 mmol/l	Ok to exercise with any arrow			
>14.0mmol/l	Check ketones: If less than 0.6mmol/l	Ok to exercise		
	Chck ketones: If 0.6mmol/l or above	No exercise until the ketones have been corrected and are less than 0.6mmol/l		