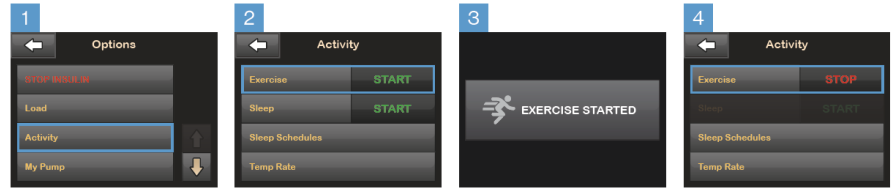


PE Guide for Control IQ

Watch me

1. Enter weight in kilograms into this box (max 99kg).
2. Start Exercise Activity before and stop after.
3. Check glucose just before and every 20 minutes during exercise.



4. If swimming suspend the pump before and resume after

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			
70 - 115 mg/dl	↓↓			
	↓			
	↘			
	→			
	↗			
	↑			
116 - 179 mg/dl	↓↓			
	↓			
	↘			
	→			
	↗			
180 - 250 mg/dl	Ok to exercise with any arrow			
>250mg/dl	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		