Name: Test Weight (kg): 40

Omnipod 5 - How to Survive

Omnipod ID: **Password** **Glooko ID:**
Password

- **Important things:**
  - Carry charging cable, spare Pods, Insulin vial, insulin pens & needles, blood glucose & ketone meter, hypo treatment.
  - Videos and resources for Omnipod 5

Hypoglycaemia management

- **Low Glucose levels:**
  - hypo guidance chart.
  - Wait 20 minutes before retreating
  - No 10g snack after treated

Glucose mmol/L	Arrow	Treatment Glucose (grams)	Choose only one: Dextrose (3g)	Choose only one: Lucozade
4.0 - 6.0	↓↓	12	4	133
	↓	9	3	100
	↘	6	2	67
Less than 4.0	↓↓	15	5	167
	↓	12	4	133
	↘	9	3	100
	→	6	2	67
	↗	3	1	33

Hyperglycaemia management

- **High Glucose Levels:**
  - Follow the high guidance chart
  - If the glucose level stays above 14.0mmol/l for 90 minutes, **even though ketones are less than 0.6 mmol/L,** change the Pod, then give a correction.
  - If ketones are 0.6mmol/L or above, **give correction dose by insulin pen, change the Pod, and Switch to manual mode for 4 hours**:
    - 10% of total daily dose if ketones are 0.6-1.5 mmol/L.
    - 20% of total daily dose if ketones are above 1.5 mmol/L.

- **Infusion Site Management:**
  - Minimum fill of 85 units and maximum fill of 200 units. Fill enough to last for three days, if possible.
  - Wear the sensor and POD on the same side of the body
  - Check for the pink square after cannula insertion
  - Pod change every 2-3 days before a meal and rotate sites.
  - Insulin must be less than 28 days out of the fridge and in date
  - Remind yourself of best practice

Solutions for skin and sticking issues

- **CGM Management:**
  - Take your time and follow the how to set up video
  - If you feel different to the sensor glucose, check blood glucose and calibrate if more than 20% difference between sensor and blood glucose
  - Remind yourself of best practice

Inserting Dexcom

Omnipod 5 - How to Thrive

- **Ordering supplies:**
    - Order Pods upon opening the last box - Insulet/Omnipod - 0800 011 6132
        - If Pods fail early contact for replacement
        - If issues with the Controller
    - Dexcom replacement sensors:
        - If sensors do not last 10 days you must contact for a replacement
        - www.dexcom.com/UKIETechsupport
        - 0800 0315763

- **Food and insulin:**

Mealtime insulin guide

    - Bolus 15 minutes before eating.
    - Three balanced meals with limited snacking, Mealtime Insulin Guide
    - 5-10 minutes activity (walking, playing, dancing) after eating.
    - For high fat meals (pizza, takeaway, fish and chips, etc)
        - Enter 100% of the carbs as a normal bolus, first time.
            - If go low in the first 3 hours, next time give 75% of carbs eaten, as normal bolus
    - If you forget to bolus before eating:
        - Less than 30 minutes after eating, then bolus for all carbs.
        - 30-60 minutes, then bolus for half the amount of carbs.
        - More than 60 minutes, give a correction for the current glucose but do not enter carbs

- **Exercise:**

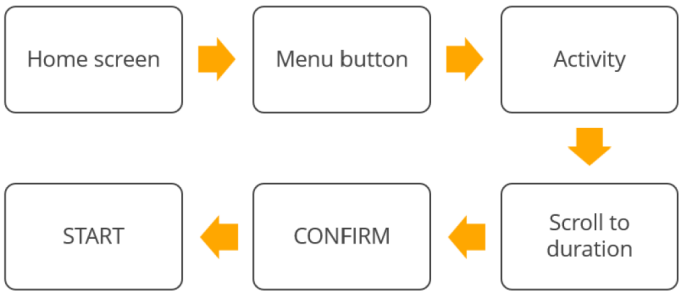
Exercise guide

    - Recap on how to mange with this video.
    - Start Activity Feature before (90 mins before) and for the duration of exercise:
    - Meal before exercise:
        - If eating within 2 hours of exercise, enter only 75% of the carbohydrate to be eaten
        - Carbohydrate x 0.75 = amount to enter e.g. 40g x 0.75 = 30g
    - Carbs during: Glucose every 20-30 minutes following your chart (next page).
        - Do not have a large amount of carbs just before exercise as the high glucose level will make the SmartAdjust deliver extra insulin.
    - Request a Dietitian appointment if you exercise is hard to manage.

- **Maximising Time in Range (4.0-10.0 mmol/L)**
    - 10 minutes of fast walking or playing drops the glucose level by 2 mmol/L when above 10.0mmol/L between meals - watch GAME

Carbohydrate Guide for Omnipod 5 with SmartAdjust

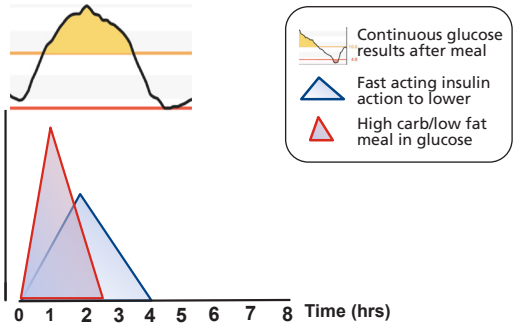
1. Start Activity Feature 90 minutes before activity, or just before if forgot.
2. Set to finish at the end of activity
3. Check glucose just before and every 20-30 minutes during exercise and follow the chart below



Sensor glucose Levels	Rate of glocose change trend arrow & action to take	Carbohydrate grams needed for 20 minutes	Dextrose (3g)	Glucotab (4g)
less than 4.0 mmol/l	No exercise: Treat hypoglycaemia	See hypo chart		
4.0 - 6.4 mmol/l	↓↓	13	4	3
	↓	11	4	3
	↘	9	3	2
	→	7	2	2
	↗	5	2	1
	↑	3	1	1
6.5 - 9.9 mmol/l	↓↓	11	4	3
	↓	9	3	2
	↘	7	2	2
	→	5	2	1
	↗	3	1	1
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		

Mealtime Insulin Guide

High carbohydrate meal with low fat



Meal is almost all carbohydrate

Breakfasts:
- Cereal with light milk
- Toast and jam or honey
- Fruit bread

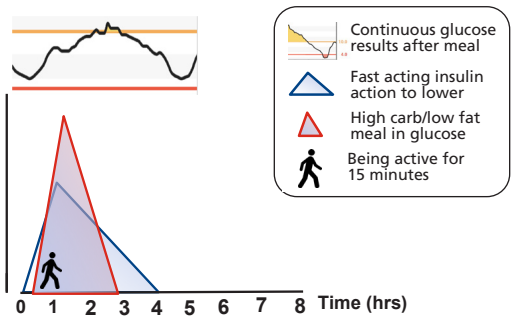
Meals:
- Jacket potato & beans
- Super noodles
- Waffles & hoops

Snacks:
- Cereal bars
- Biscuits
- Rice crackers

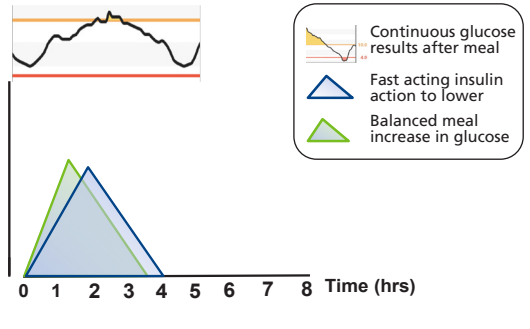
How to keep the glucose in target?

1. Count carbs accurately
2. Choose wholefood carbohydrate
3. Add some vegetables
4. Normal bolus 20 minutes before eating
5. Do 15 minutes activity after eating

High carbohydrate meal with low fat



Balanced meal



Meal is balanced

Breakfasts:
- Porridge with semi or full milk & nuts
- Egg or fish on toast with mushrooms
- Cheese on toast with tomatoes

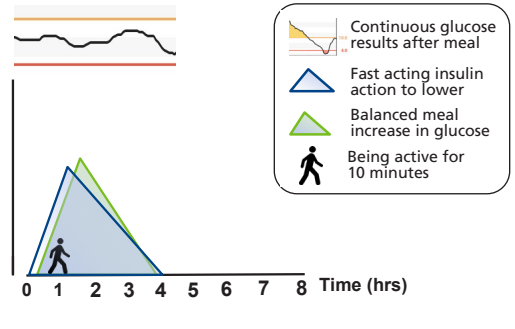
Meals:
- Meat/fish/beans with potatoes & veg
- Jacket potato with cheese & salad
- Rice with curry and salad

Snacks:
- Whole fruit with nuts
- Nut butter on toast
- Whole yoghurt with nuts

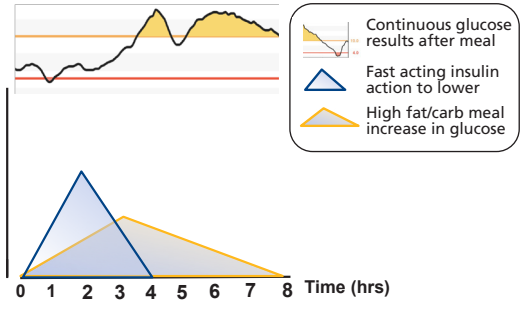
How to keep the glucose in target?

1. Count carbs accurately
2. Choose wholefood carbohydrate
3. Add more vegetables
4. Normal bolus 15 minutes before eating
5. Do 10 minutes activity after eating

Balanced meal



High fat meal with carbohydrate



Meal is very high in fat with carbs

Breakfasts:
- Full English breakfast
- Pancakes with maple syrup
- Thick slices of cheese on toast

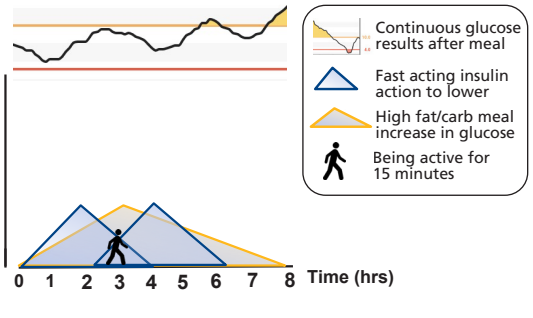
Meals:
- Takeaway fish and chips
- Heavily cheesed pizza
- Pasta with creamy sauce
- Creamy curry with rice & naan bread
- Fast food burger, fries and dessert
- Sunday roast with trimmings
- Lasagna with chips and garlic bread

How to keep the glucose in target?

1. Count carbs accurately
2. Enter 100% of the carbs into the bolus calculator
3. Let SmartAdjust take care of the delayed glucose increase
4. If you go low in the first 3 hours, next time, only enter 75% of the carbs eaten as normal bolus

   e.g. 100g x 0.75 = 75g

High fat meal with carbohydrate



Dynamic Glucose Management

GAME-SET-MATCH

Combine glucose values and trend arrows with proactive diabetes management

Stop highs
GAME

G = Glucose time in range desired

A = Alert on high set accordingly

Time in range desired? 4.0-10.0mmol/L	Set high alert mmol/L	Predicted HbA1c mmol/mol (%)	Daily energy & future health
50%	No alert	64 (8.0)	☹
60%	14.0	58 (7.5)	😐
70%	12.0	52 (7.0)	☺
75%	11.0	50 (6.8)	☺☺
80%	10.0	48 (6.5)	☺☺☺
85%	9.0	45 (6.2)	☺☺☺☺
90+%	8.0	42 (6.0)	☺☺☺☺☺

M = Mode of exercise that can be done

E = Exercise when high alert sounds

Glucose mmol/L	Trend arrow			How many minutes
	Libre	Dexcom	Medtronic	
8.0 - 9.9	↗		↑	5
	↑		↑↑	10
			↑↑↑	15
10.0 - 14.0	→			15
	↗		↑	20
	↑		↑↑	25
			↑↑↑	30
More than 14.0	↓		↓↓	15
	↘		↓	20
	→			25
	↗		↑	30
	↑		↑↑	40

Stay in target
SET

S = Start insulin before eating

Glucose mmol/L	Trend arrow			Minutes to bolus before meal
	Libre	Dexcom	Medtronic	
4.0 - 5.9			↓↓↓	Prevent hypo
	↓		↓↓	Prevent hypo
	↘		↓	Prevent hypo
	→			15
	↗		↑	20
	↑		↑↑	25
			↑↑↑	30
6.0 - 9.9			↓↓↓	0
	↓		↓↓	10
	↘		↓	15
	→			20
	↗		↑	25
	↑		↑↑	30
			↑↑↑	35
10.0 - 14.0			↓↓↓	15
	↓		↓↓	20
	↘		↓	25
	→			30
	↗		↑	35
	↑		↑↑	40
			↑↑↑	45
More than 14.0	↓		↓↓	25
	↘		↓	30
	→			40
	↗		↑	45
	↑		↑↑	50

E = Eat three balanced meals

T = Ten minutes activity after eating

Prevent lows
MATCH

M = Measure weight to calculate hypo treatment

Weight (kg)	Grams of glucose	Dextrose 3g tablets
10	3	1
20	6	2
30	9	3
40	12	4
50	15	5
60+	18	6

A = Always use glucose only, not sugar

T = Try to prevent lows

C = Change amount according to glucose value & arrow

Glucose mmol/L	Trend arrow			Percent of hypo treatment
	Libre	Dexcom	Medtronic	
4.0 - 6.0	↓		↓↓↓	100%
			↓↓	75%
	↘		↓	50%
Less than 4.0	↓		↓↓↓	125%
			↓↓	100%
	↘		↓	75%
	→			50%
	↗		↑	25%

H = Have patience and wait 20 mins