

Name:

Weight (kg):

Solutions for
skin and
sticking issues



T-Slim - How to Survive

Glooko Username:

Password:

- **Important things:**

- Suspend pump when taking it off (shower & sports) & resume after
- Always carry charging cable, insulin, cannula, reservoirs, insulin pen and needles, blood glucose & ketone meter, hypo treatment

Hypoglycaemia
management



- **Low Glucose levels:**

- [hypo guidance chart](#)
- Wait 20 minutes before retreating
- No 10g snack after treated

Glucose mmol/L	Arrow	Treatment	Choose only one	
		Glucose (grams)		
4.0 - 6.0	↓↓↓			
	↓			
	↘			
Less than 4.0	↓↓↓			
	↓			
	↘			
	→			
	↗			

- **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 cannula, then give a correction
- If ketones are 0.6mmol/L or above, **give correction dose by insulin pen, change reservoir and cannula, and stop Control-IQ 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

Hyperglycaemia
management



- **Infusion Site Management:**

- Take your time and follow the how to set up [video](#)
- Autosoft 90 has a 0.6ml cannula fill - how to insert [video](#)
- Change cannula every 2-3 days before a meal and rotate sites
- Make sure insulin is less than 28 days out of the fridge and in date
- Remind yourself of [best practice](#)

Infusion set
change



Inserting
cannula



- **CGM Management:**

- Take your time and follow the how to set up [video](#)
- If you feel different to the sensor glucose, check blood glucose.
- Calibrate if more than 20% difference between sensor and blood glucose
- Remind yourself of [best practice](#)

Inserting
Dexcom



T-Slim - How to Thrive

- **Ordering supplies:**

- T: Slim supplies upon opening the last box - 0800 012 1560
 - If a cannula fails call for a replacement
 - If issue with the pump call for trouble shooting
- Dexcom replacement sensors:
 - If a sensor does not last 10 days contact for a replacement
 - www.dexcom.com/UKIETechsupport
 - 0800 0315763

**Mealtime
insulin
guide**



- **Food and insulin:**

- 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)
 - Increase carbs by 25% (carbs x 1.25) & extended bolus half before & half over 2 hours
 - If high 6 hours after eating, next time increase carbs by 50% (carbs x 1.5)
 - If go hypo do not add 25% next time
- 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 only

**Exercise
guide**



- **Exercise:**

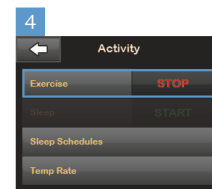
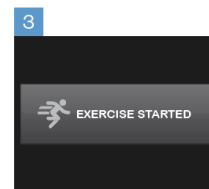
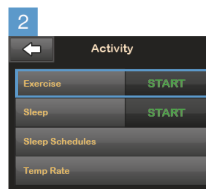
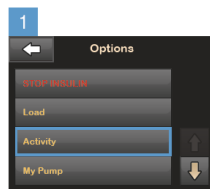
- Recap on how to manage with [this video](#).
- Start Exercise Activity before (90 minutes before) and for the duration of the exercise, and stop it after.
- Meal before exercise:
 - If eating within 2 hours of exercise, enter only 75% of the carbohydrate to be eaten
 - Carbohydrate x 0.75 = amount 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 Control-IQ 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 activity when using the T-Slim with Control-IQ

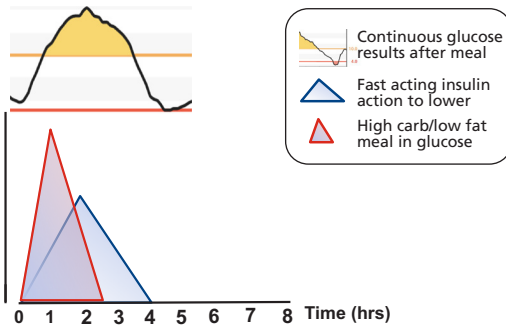
1. Start Exercise Activity before activity, ideally 90 minutes before.
2. Check glucose just before and every 20-30 minutes during exercise and follow the chart below
3. Stop Exercise Activity after activity



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		
	Check 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

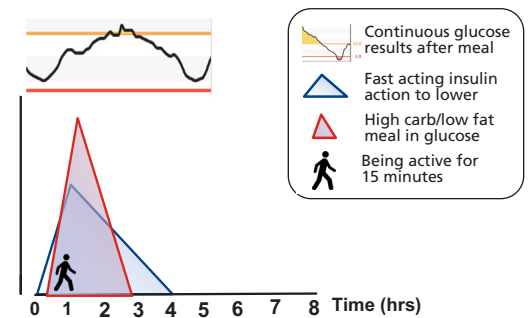
Snacks:

- Cereal bars
- Biscuits
- Rice crackers

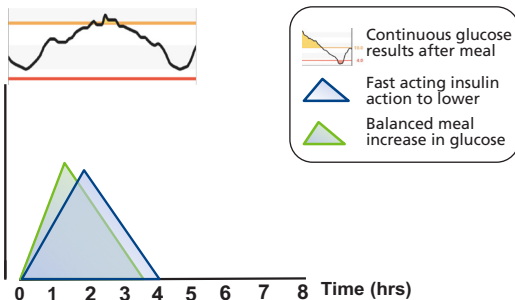
How to keep the glucose in target?

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

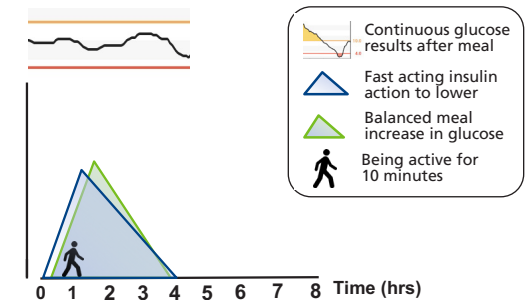
Snacks:

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

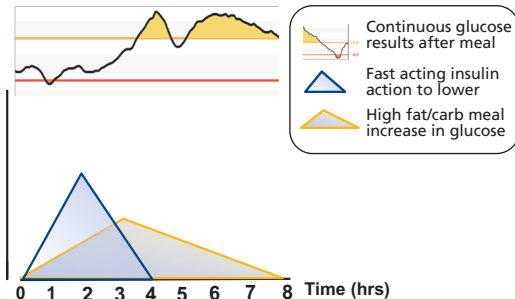
How to keep the glucose in target?

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

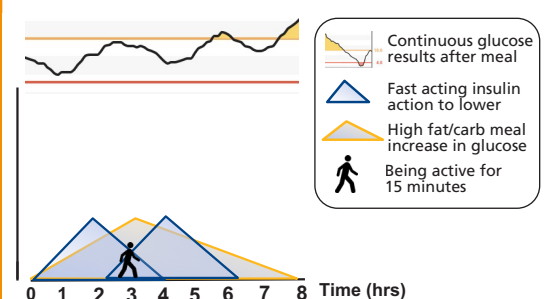
Meals:

- Takeaway fish and chips
- Heavily cheesy 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. Increase carbs by an extra 25%, carbs x 1.25 e.g. 100g x 1.25 = 125g
3. Extended bolus: 50% before, 50% over 2 hours
4. If the glucose level is high six hours after eating, next time increase meal insulin by another 25%
6. Most people need 50% extra
7. If possible, do 15 mins activity after meal

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
More than 14.0				30
				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
6.0 - 9.9				30
				0
				10
				15
				20
				25
10.0 - 14.0				30
				35
				40
				45
				50
				55
More than 14.0				60
				65
				70
				75
				80
				85

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