

Managing Activity on CamAPS Fx

Managing activity on hybrid closed loop pump systems can still be tricky. Below are some of our top tips but please bear in mind that glucose levels respond differently to activity for everyone, so this is just general advice. Some people find that they need to come out of closed loop completely during activity. If you would like to discuss this in more detail, please contact us for an appointment.

TOP TIPS:

- Increase your personal target for activity. You can set this target between 4.4 and 11mmol/L.
- Use EASE OFF. This will suspend insulin delivery if glucose levels are below 7mmol/L
- Ideally try to start the EASE OFF 1 to 2 hours before activity.
- **DO NOT** eat extra carbohydrates before activity without giving a bolus dose of insulin. The system will notice a rise in glucose levels and will try to correct this. If you need to take in extra carbohydrates during activity, we recommend “drip feeding” these- up to 8g (e.g. 2x jelly babies) every 20 minutes as required. Enter these into CamAPS Fx as HYPO TREATMENT to prevent extra insulin being given.
- You may need to keep EASE OFF running for up to 90 minutes post activity