

Managing Activity on Medtronic 780G SmartGuard

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 SmartGuard completely during activity. If you would like to discuss this in more detail, please contact us for an appointment.

TOP TIPS:

- Use the TEMP target for activity, means the system tries to keep your glucose levels around 8.3mmol/L and does not do auto-corrections.
- Ideally try to start the TEMP target 1 to 2 hours before activity.
- **DO NOT** eat extra carbohydrates before activity without giving a bolus dose of insulin. SmartGuard will notice a rise in glucose levels and will try to correct this by increasing basal rates and giving auto-corrections if required. 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.
- You may need to keep your TEMP target running for up to 90 minutes post activity