

Managing Activity on Tandem CONTROL IQ

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

TOP TIPS:

- Use the EXERCISE target for activity, this still allows increases in basal rates and auto-corrections, but it starts reducing basal rates if glucose levels are predicted to go below 7.8mmol/L (rather than 6.25mmol/L in the normal setting) and suspends basal delivery if glucose levels are predicted to go below 4.4mmol/L (rather than 3.9mmol/L in the normal setting).
- Ideally try to start the EXERCISE target 1 to 2 hours before activity.
- You may need to set a new PERSONAL PROFILE with lower basal rates, correction factors and carbohydrate ratios. Use this **as well as** the EXERCISE target.
- **DO NOT** eat extra carbohydrates before activity without giving a bolus dose of insulin. CONTROL IQ 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 EXERCISE target +/- the lower PERSONAL PROFILE running for up to 90 minutes post activity