



Managing low glucose levels (hypos) with mylife CamAPS FX

Note: Please discuss all recommendations with your diabetes team.

- 1. Most people find that they need less hypo treatment to manage a hypo on automated insulin delivery than they needed when using injections or standard insulin pump therapy.** Often, half of the previous hypo treatment can be enough because the mylife CamAPS FX system is likely to have delivered very little or no insulin in the time leading up to the hypo in its effort to avoid it. Review the system's insulin delivery by turning the mylife CamAPS FX app on its side (landscape view) to help decide how best to treat the low.
- 2. Use the glucose trend arrows and alerts on the mylife CamAPS FX app to help prevent hypos.** We suggest setting the low glucose alert at a level which gives enough time to review the recent insulin delivery and current glucose trend arrows to help decide if any additional carbohydrate (hypo treatment) is needed and how much is required. If the mylife CamAPS FX system has already shut off insulin delivery for the last 45 minutes or longer, you may be able to have a smaller amount of hypo treatment when the low alert sounds, or even none. However, try not to set the low glucose alert too high as this may cause a lot of unnecessary alerts and might result in these alerts being ignored. Please also try not to set the low glucose alert too low, giving you too little time to prevent the hypo.
- 3. Accurate counting of carbohydrate is essential to increase the time in range (TIR).** It is worth revisiting carbohydrate counting, getting the scales out and weighing portions every now and again to ensure your carbohydrate counting is accurate.
- 4. Check if the insulin-to-carbohydrate ratios are right by reviewing what happens to automated insulin delivery following a meal bolus.** After each meal, look to see how much insulin mylife CamAPS FX is generally delivering. If no insulin is delivered after a meal bolus, the ratio might be too strong. If the system needs to deliver lots of insulin after the meal bolus, the ratio might be too weak.
- 5. Try to give the meal bolus 10–15 mins before eating (5–10 minutes if on ultra-rapid insulin).** For younger children, in whom you can not guarantee will eat the full meal, use the bolus calculator to deliver a bolus to cover a percentage of the meal upfront and then either enter the remaining carbohydrate in "Add meal" or give another bolus for the rest as soon as they are finished eating. The percentage that is given first is very individual and will depend on their eating speed, food preferences, meal, etc. Giving all the bolus after eating can cause delayed hypos 1–2 hours after the meal.
- 6. Putting the "Ease-off" mode on at least 60-90 minutes before planned physical activity, running it during the activity and potentially for up to a few hours afterwards, if required, can help reduce the risk of hypos.** The "Ease-off" mode reduces insulin delivery depending on glucose levels and trends by raising the personal glucose target, softening the algorithm's calculations and stopping insulin delivery earlier to reduce the risk of hypos. You will need to experiment with the timing of when to start and stop the "Ease-off" mode that best suits you and the activity being done.





- 7. For cardiovascular exercise (e.g. running, cycling, etc.) of high intensity or of a longer duration, the “Ease-off” mode may not be enough and some people find they may need to consume additional carbohydrate during the activity.** Try to avoid carbohydrate loading before the activity as the system will increase insulin delivery to try to cover the rising glucose levels, but rather take small amounts of carbohydrate throughout the activity. Some people find that they even need to take the system out of Auto mode and run a significantly reduced temporary basal rate, or even disconnect the insulin pump during the activity and use the “Ease-off” mode once re-connected.
- 8. If there has been a run of hypos, try raising the personal glucose target for a few days by 1–2 mmol/L (18–36 mg/dL) above your usual personal glucose target until things settle down.** Then you can drop it back down. You can set a different personal glucose target at different times of the day and night. This might be especially useful when you first start using the system or change your routine, like start a new job, return to school, go on holiday, etc.
- 9. Avoid giving too many manual corrections when glucose levels are high.** If you have high glucose levels the system will be working hard to deliver additional insulin to bring glucose levels back to target. Please always consider doing an infusion set change if glucose levels remain high despite the system delivering more insulin. Remember that insulin will not be at its most active until approx. 1 hour after being delivered. You may like to consider using the “Boost” mode to help the system be more aggressive. If you wish to give a manual correction, please be cautious and review the system’s insulin delivery (open the app and turn the phone to landscape). This will help avoid a hypo caused when too much insulin is given.
- 10. Hypos can still occur even when you are using automated insulin delivery.** Using the “Ease-off” mode, especially in relation to activity, will reduce the risk of hypos, but not completely eliminate it. If glucose levels are dropping, the mylife CamAPS FX system will have already reduced its insulin delivery significantly and may have even stopped giving any insulin to try to prevent a hypo. Starting the “Ease-off” mode when insulin delivery has already been switched off will not have any effect and taking extra carbohydrate is the only way to prevent a hypo in this instance. Do not forget to tick “Hypoglycaemia treatment” in the “Add meal” menu on the mylife CamAPS FX app to capture the amount of hypo treatment taken. Doing this will document the hypo treatment, which is helpful to help look for patterns, but also softens the system’s insulin delivery for a period of time to minimise the risk of further hypos.

rtCGM: real time continuous glucose monitoring

mylife YpsoPump and CamAPS FX are class IIb devices. Only rapid-acting insulin at a concentration of 100 U/ml (insulin analogue) may be used with the mylife YpsoPump system. Always read the label and use only as directed. Consult your healthcare professional to see if these products are right for you.

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