

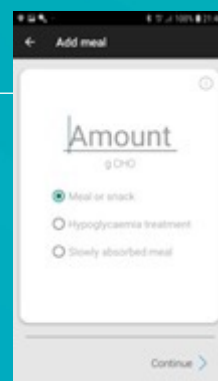
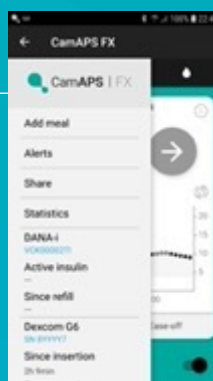
# Managing Meals

## Tips for getting good post-meal glucose levels...

- ✓ Review insulin to carbohydrate (ICR) ratios around 1-4 weeks after starting CamAPS FX and periodically thereafter.
  - If you see the algorithm routinely shutting off insulin delivery directly after the meal, the ICR might be too strong.
  - If the algorithm ramps up to give a lot of insulin directly after the meal, the CIR may be too weak.
- ✓ Carbohydrate counting and choice of carbs influences post-meal glucose levels, so aim to be as accurate as possible when estimating carbs and try to choose lower glycaemic index (GI) foods.
- ✓ Aim to give mealtime insulin 10-15 minutes before eating (5-10 mins with Fiasp or Lyumjev).
- ✓ For people with unpredictable appetites, consider covering the minimum amount of carbs and topping up with an additional bolus later or the 'add meal' function if required.
- ✓ If a bolus is late / forgotten, consider giving  $\pm 50\%$  of the calculated bolus or using 'Boost' to help correct the high as the algorithm will have increased insulin delivery to cover some of the meal already.

## Complex meals

- ✓ For large carb meals or where you previously split the bolus (dual / extended wave), consider entering a maximum of about 60g via the bolus calculator or the initial (first dose) bolus you usually did before the meal and then leaving CamAPS FX to manage the rest over the next few hours.
  - Adjust the carb amount entered via the bolus calculator next time depending on the outcome.
- ✓ If post-meal glucose levels are consistently above target when splitting the dose as above, consider:
  1. Giving the insulin for the rest of the carbs via a second bolus (using the bolus calculator) during or at the end of the meal OR
  2. Enter the remaining carbs in the 'add meal' function to inform the algorithm that additional 'x' grams of carbs are being consumed.
    - Choose 'Meal or snack'. This announces to the system that extra carbs are being eaten. CamAPS FX will adjust to cover the carbs but only when glucose rises.
  3. For slowly absorbed meals – often higher fat, protein and / or very low GI meals – consider splitting the bolus, but this time add the remaining (2<sup>nd</sup>) amount of carbs in the 'add meal' function AND choosing 'slowly absorbed meal'.
    - CamAPS FX will deliver additional insulin, if required, every 30 minutes for the next 3-4 hours in response to rising glucose levels.
    - You will see 6 green triangles on Diasend when this feature is used.



## Need help?

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