

Managing special situations

Welcome to this video on managing special situations with Tandem Control-IQ technology

In this video, we will provide specific tips for managing hypo- and hyperglycemia, fatty meals, sports, illness, alcohol and travel while using Tandem Control-IQ technology. These guidelines complement the general recommendations for managing these situations while wearing an automated insulin delivery system, which can be found in the general module on automated insulin delivery system.

1 Hypoglycemia

With Tandem Control-IQ technology, you may require fewer carbohydrates to treat or prevent hypoglycemia compared to when not using an AID system, especially if you have little insulin on board. You can check your insulin on board on the home screen and the exact amount of basal insulin you are currently receiving on the status screen.

If you consume less than 10 grams of carbohydrates to treat or prevent a hypo, there is no need to enter this in the pump.

To prevent hypoglycemia, you can use the Exercise Activity.

2 Hyperglycemia

Tandem Control-IQ technology is not a learning algorithm, so manual autocorrection boluses can be given in between. However, it is important to follow the bolus advice.

In cases of prolonged severe hyperglycemia, it is important to consider infusion problems.

To avoid infusion set problems, it is recommended to replace the infusion set in a timely manner and set a reminder for this on your pump.

3 High-fat meals

The Tandem Pump allows you to use an extended bolus. For fatty meals, it is generally recommended to deliver 50% of the bolus immediately and the remaining 50% over the next 2 hours.

This is the default setting for an extended bolus, but further individual adjustments may be needed.

4 Exercise

When exercising with Tandem Control-IQ technology, you can activate the Exercise Activity and reduce the meal bolus as discussed in the general module on an automated insulin delivery systems.

It's important to note that autocorrection boluses are still given during Activity Mode.

You can also use a separate personal profile for sports during that time. This provides more options to adjust the insulin release according to your personal needs.

6.5 Illness

During illness, hyperglycemia is common. Follow the guidelines for managing hyperglycemia in such situations.

It's recommended to preset a personal profile dedicated to illness with a higher % of basal insulin rate and carb ratio.

6 Alcohol

Refer to the specific guidelines for managing your automated insulin delivery in relation to alcohol consumption.

7 Travel

When traveling with the Tandem t:slim X2 pump, you have the option to request an additional insulin "loaner pump" to accompany you during your holiday. Moreover, in case of an emergency or if your pump requires replacement, Tandem can send you a replacement insulin pump promptly.

When travelling, be sure to also bring necessary charging equipment to keep your pump powered during the journey.

When travelling across time zones, you will need to manually adjust the time on your Tandem t:slim X2 insulin pump.

By following these tips, you can effectively manage various situations while using Tandem Control-IQ technology and maintain optimal control over your diabetes. Remember to consult with your healthcare provider for personalized guidance and support in managing specific scenarios.