



## 10 Essential Habits for a Healthy and Happy Person on Closed Loop Insulin Pump Therapy

1. Bolus before eating for all meals and snacks.
  - Aim to give the bolus **15 minutes** before starting to eat.
2. Calibrate the sensor with a BGL at least 2 times a day and when the pump requests a calibration.
  - This is best before meals - breakfast and dinner are usually best.
3. Do the ABCC if your BGL is over 12mmol/L or you have been existed from automode (grey shield).
  - **A**ssess and make sure your pump, line, cannula and needle are working.
  - **B**olus
  - **C**heck your BGL after 2hr. If your BGL has not dropped by 4mmol/L then
  - **C**hange your insulin needle, site, cartridge and line.
4. Change your pump needle every two days and rotate the site you use. Change the insulin cartridge at least every 4 days.
5. Have three healthy meals each day. Ensure snacks are small. Avoid snacking in the evening and overnight.
6. Exercise daily and limit your "screen time" to less than 2 hours a day.
7. Families should share the diabetes load and talk to each other and express their feelings in a positive way. Parents need to remain involved in diabetes care even for teenagers. When possible before every meal an adult should check your BGL and bolus dose. This is to prevent accidental overdoses or missed doses. Parents should review the glucose trace every day.
8. Treat hypos early.
  - Check your BGL and treat if less than 3.5mmol/L or you feel "hypo".
  - Immediately take 75mL (1/2 exchange) fruit juice and rest.
  - If after 20 min you still feel "hypo" retest your BGL and retreat if needed.
  - Give Glucagon if a person is unable to drink or unconscious.
9. If you are sick change your insulin line and needle, calibrate the sensor with your BGL and test for ketones every two hours.  
If you are vomiting:
  - Give sips of fruit juice diluted to one quarter of the usual strength.
  - Monitor BGL hourly.  
If your BGL is low or you vomit more than three times or your blood ketones are more than 4mmol/L or you are worried, go to your hospital.
10. Visit your Diabetes Team regularly. See your Doctor every 3 months and Diabetes Educator, Dietitian and Social Worker at least once a year.

