

Preventing and treating highs

An important goal for diabetes management is reducing the amount of time spent with a high glucose value, also known as hyperglycaemia. **A high glucose value is defined by the American Diabetes Association as a reading over 10mmol/L.** Over time, high glucose values can lead to long-term complications of diabetes so it's important to take action now. Here are some things to keep in mind.



1. Bolus before all meals and snacks

Aim to always deliver a bolus 15-20 minutes before eating using the bolus calculator on your pump. If you end up eating more than planned and your glucose levels rise, make sure to deliver a correction bolus at the end of your meal.

2. Take a correction dose if the pump tells you to

Your pump is always working to help keep your levels in range. If it recommends a correction, it has identified that more insulin will be needed to return your levels to normal.

3. Never ignore an unexplained high glucose level. Always take action!

If your levels do not come down following a correction bolus, that may be an indicator that insulin is not being delivered correctly.

This could potentially be due to the following reasons:

- There's a bend or kink in your infusion set
- Your infusion set may have pulled out of the skin
- There's an air bubble in your tubing
- Something has changed with your insulin vial

If you experience an unexplained high glucose value, change your infusion set, reservoir and insulin. For unexpected glucose values over 13.9mmol/L, you may need to use an insulin injection to bring your levels down. Follow your healthcare professional instructions for high glucose management.

Always follow the directions for use

Information contained herein is not medical advice and should not be used as an alternative to speaking with your doctor. Discuss indications, contraindications, warnings, precautions, potential adverse events and any further information with your healthcare professional.

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