

Preventing and treating lows

An important goal for diabetes management is reducing the amount of time spent with glucose levels **below 3.9mmol/L, also known as hypoglycaemia.**

Preventing lows




Here are some things you can try that help prevent lows.

1. Bolus 15-20 minutes before you eat. Bolusing late may also cause lows when using SmartGuard™ technology. If you forget to bolus, you may want to enter only half the carbs (if it's within 30minutes) or to simply let meal detection technology to do the work for you. Check with your healthcare team to get advice on how to best manage those times when life gets busy and you simply forget to bolus.
2. Avoid overestimating carb amounts. This can lead to more insulin being delivered which may cause your glucose levels to go low. Instead, bolus for the carbs you're sure you'll eat first.
3. Guardian™ 4 sensor readings can be used when you bolus for meals and corrections. If you do use a meter reading, make sure you wash your hands as residue from things like food or lotion can cause your sugar levels to appear artificially high. This could lead to a larger bolus being delivered than needed, causing your levels to drop.
4. You may want to adjust your basal insulin delivery during exercise. When in Manual Mode, you can set a temporary basal rate. When in SmartGuard™ technology, you can use a temporary target. Check with your healthcare provider to determine the right exercise settings for you.



Treating mild or moderate lows

When using SmartGuard™ technology, follow these steps¹.

1.  **Eat 5-10 grams of fast-acting carbohydrates.**
For example:
3 jellybeans, 50mL of full-strength soft drink, or 2 teaspoons of honey, or 2 glucose tablets.
2.  **Recheck your glucose level in 15 minutes.**
3.  **If glucose level is still low, repeat steps 1 and 2**

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.

Treating severe lows

If you're unable to treat your low on your own or are unconscious, someone will need to administer glucagon. Keep the following in mind:

1. **Always have glucagon on hand.** Check with your healthcare provider to make sure you have an up to date prescription as well.
2. **Ensure that someone around you knows how to administer glucagon.** At home, this may be a family member. At the office, it may be a coworker.

1. Philip, Battelino et al. Consensus Recommendations for the Use of Automated Insulin Delivery Technologies in Clinical Practice Endocrine Reviews, 2023, 44, 254-280