

Giving a meal bolus

Managing mealtime insulin when using CamAPS FX

- CamAPS FX is an automated insulin delivery system. This means that it is constantly working to adjust the amount of insulin being given by the pump.
- It uses its learning as well as the current glucose trends to decide how much insulin is needed.
- However, it still needs help when it comes to meals. Even the rapid-acting insulins we have available on the market today are not quick enough for CamAPS FX to deal with the post-meal glucose rise on its own.
- People using CamAPS FX should aim to bolus about 10 to 15 minutes before eating (or 5 to 10 minutes if using the ultra-rapid insulins).

How can you give a meal bolus?

- To give a bolus, open the CamAPS FX app and tap on the “knife and fork” icon. The app will communicate with the pump and open the bolus calculator.
- Tap on the three blue lines and use the keypad to enter the amount of carbohydrates about to be consumed. Alternatively, you can use the pre-set meal size or slider to select the amount of carbohydrates.
- Press “Confirm”.
- A dose of insulin will be offered based on the preset insulin-to-carbohydrate ratio at that time of day.
- Press “Next”. A suggested dose of insulin will be offered.
- Occasionally, there may be times when you might like to give less insulin than suggested. For example, if you are going to be physically active immediately after eating the meal.
- You can tap on the suggested dose and use the scroll wheel to change the dose as appropriate.
- Once you're happy with the insulin dose, press “Deliver”.
- You have 5 seconds to cancel the dose if you suddenly discover you have made a mistake.
- Please discuss any insulin dose changes with your diabetes team.

