

Using “Add meal”

What is “Add meal”?

- The CamAPS FX app has a bolus calculator that people can use to deliver a dose of insulin for meals and snacks.
- However, there may be times that you eat or drink something containing carbohydrates, but not want to bolus a dose of insulin for them, such as when you are hypo or being active.
- When someone enters carbohydrates into the “Add meal” function, no insulin bolus is immediately given.
- “Add meal” gives the algorithm information about the amount of carbohydrates-on-board, which it uses as one of the factors when deciding how much insulin to deliver every 8 to 12 minutes.
- The algorithm will only give extra insulin based on the current glucose trends and what it predicts will happen to glucose levels over the next few hours.
- Due to the speed of insulin action, the algorithm may not be able to prevent high glucose levels, if large amounts of carbohydrates are entered in “Add meal”.

Please always seek advice and support from your diabetes team.

How do you use “Add meal”?

- Open the app’s main menu and tap on “Add meal”.
- You will be given 3 options to choose from:
 1. Meal or snack,
 2. Hypoglycaemia treatment or
 3. Slowly absorbed meal
- Tap on the “Amount” and use the keypad to enter 2-week carbohydrate.
- Press “Confirm” to save.
- You will be able to see the amount of carbohydrates entered in “Add meal” on the app’s landscape graph. This data is also shared with any companions as well as linked diabetes data platforms and the app’s PDF report, if consent has been given.



Hypoglycaemia treatment

- If you've had a low glucose level, please put the amount of fast-acting (rescue) carbohydrates you took to treat the hypoglycaemia in “Add meal” and “hypoglycaemia treatment”.
- Recording the amount of carbohydrates you needed helps you and your diabetes team look for patterns and refine the right amount of rescue treatment you require.
- Adding the rescue carbohydrates into “Add meal” and “hypoglycaemia treatment” also softens the algorithm's calculation for the next little while to reduce the risk of further low glucose levels.

Meal or snack

- “Meal or snack” can be used when a small amount of carbohydrate is being consumed - usually around 20g or less.
- Please consider giving a bolus via the bolus calculator to cover larger carbohydrate amounts.

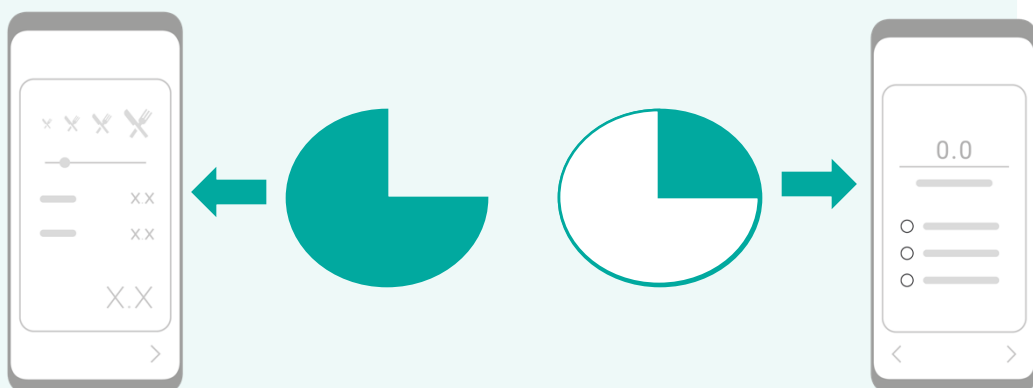
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Meal or snack

- You can use “Meal or snack” for an unplanned dessert or extra portion eaten after a meal that has already been bolused for.
- Snacks when active or to prevent a low can also be put in “Meal or snack”.
- People with an unpredictable appetite might like to split their bolus and give a pre-meal bolus for the minimum amount of carbohydrate they will eat and put the rest in “Meal or snack”.

Slowly absorbed meal

- The “Slowly absorbed meal” gives people an option to manage foods that have a prolonged impact on glucose levels and are often higher in fat and protein.
- The initial rise in glucose levels after eating, e.g. pizza, will still need to be dealt with by giving a pre-meal bolus.
- However, by selecting the “Slowly absorbed meal” option, you are notifying the algorithm that it might need to be more aggressive to deal with the delayed effect of the meal over a longer period of time.
- You will need to decide what proportion of the carbohydrates in the meal you will enter into the bolus calculator and deliver a pre-meal dose of insulin and what proportion you enter into “Slowly absorbed meal”.
- For example, if you were eating 100g of carbohydrates and wanted to use “Slowly absorbed meal”, you might decide to put 60% of the carbohydrates, 60g in this case, into the bolus calculator and give a pre-meal bolus.
- The remaining 40%, or 40g in this example, you would put into “Add meal” and tap on “Slowly absorbed meal”.



- You will need to experiment with what split works best for you and the different meals you eat.
- Please note that this option will not work well, if your insulin-to-carbohydrate ratio has not been optimised. It is also not an option that everyone needs to use.
- Please seek advice from your diabetes team on how best and when to use “Add meal” and “Slowly absorbed meal”.