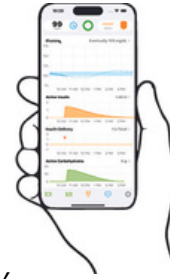NEWS FROM

Loop AND Learn

Master Your DIY Closed-Loop Insulin Delivery System

21 February 2024

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BACK ISSUES

TEXT-ONLY VERSION WITH TRANSLATIONS

TIME ZONE CONVERTER   **FIND A LOOP-FRIENDLY HCP**   **CHECK FOR UPDATES**   **VIEW LARGER PRINT VERSION**

IF FORMATTING LOOKS ODD ON YOUR PHONE, PLEASE USE THIS ↗ VERSION.

In This Edition

- **Rapid Battery Depletion**
- **Quick Tips: Site Stability & Meal Override**
- **FB Q&A**

Our Next Regular Open Mic

14 March ♥ 7 pm UTC

MARK YOUR CALENDAR!

Feeling Drained (or is Your Tech)?

If you are a **Loop Follow** user, you may find that your iPhone's battery gets depleted faster than it did before you started using the app. We suggest making note of how quickly your battery drains under normal use (with Loop Follow) and adopting a habit of charging it regularly. Tucking a charger or even a power bank in your diabetes supplies kit is also a great idea!

Another source of "drain" affects Dexcom and **Anubis** transmitters. Our friends at Anubis warn that **xDrip4iOS** and **Shuggah** apps both drain the batteries of these transmitters at a rapid rate. Thankfully, we hear that a fix is in the works.

A Great Tip for Pod Site Stability

QUICK TIPS

Pod users occasionally encounter issues like leaky pods, bloody sites, bruising, and painful sites, which can lead to poor absorption. Fortunately, a simple and effective solution has been suggested by a user on Discord and tested by several members of our team, yielding positive results. If you're experiencing any of these problems, here's a method to consider.

This information is based on personal experiences and is not intended as medical advice. Always consult your healthcare provider before making any changes to your treatment.

Consider the fact that this method depends on inserting the cannula through a piece of medical tape attached to the skin. You may not be willing to take that action.

This method involves placing a piece of Tegaderm or OpSite Flexifix dressing on your skin prior to applying your pod, specifically in the cannula area. Apply the pod directly over it without cutting a hole for the cannula. This technique has been successful in stabilizing the cannula and preventing many of the aforementioned issues, ultimately extending the use time of the site.

Placement of barrier film

The rationale behind this approach is that it stabilizes the area where the cannula enters the skin, limiting motion that can lead to leaking. Additionally, the pod tape adheres securely to the added layer, creating a firmer connection and greater stability in the area around the large opening around the cannula. Several members report that this technique helps their sites remain functional for a longer duration, with more stability in day-to-day insulin needs.

For individuals dealing with pod adhesive irritation, apply a sufficiently large piece of dressing to fit under the entire pod. Additionally, spraying Flonase on the area and allowing it to dry before applying any dressing can help mitigate adhesive-related issues.

Cannula through film

Some ways we can tell we have a leaky pod:
- Glucose is not responding to known sufficient insulin dosing
- Wet and/or discolored adhesive around pod
- Smell of insulin
- Cannula is visually dislodged
- For some: leaking leads to bleeding and stinging with large boluses

Handy Help for Mealtimes: Keeping the Insulin Flowing

QUICK TIPS

Thanks, Marion!

Easy help for preventing or reducing meal spikes

When carbs are entered, the Loop app makes a meal bolus recommendation that will keep your glucose just above your Glucose Safety Limit. But in the next Loop cycle, it may restrict basal with a zero temp basal rate because it is considering your Correction Range. As your glucose rises following the meal, Loop will not automatically provide insulin until your current glucose rises into your Correction Range.

This Tip lets you temporarily lower your Correction Range so the Loop app begins to respond (automatically) as soon as your glucose starts to rise.

Option 1: Use Premeal target after carb entry
- set your premeal target to match your glucose Glucose Safety Limit (GSL)
- as soon as you enter carbs for a meal, tap on the premeal icon - this will last for 1 hour or until you enter more carbs

Option 2: Create a named override
- You can call this override "Meal" and set it to last 2 hours with a correction range lower limit near or at your Glucose Safety Limit
- Enable the Meal override prior to entering carbohydrates
- Enter the meal information

An Added Trick: The Superbolus
- Confident Loopers can "borrow" an hour of scheduled basal and add that to what Loop recommends for your meal bolus. Loop will compensate by temping basal to 0 at the next cycle and will keep it there until glucose rises enough that the prediction is above GSL.

Q&A from Facebook

Calling attention to helpful posts

Click on each question to "See what our experts said."

How can I improve my experiences with pod sites?

Where's my UDID?

What is Loopalyzer telling me about my basal settings?

Which settings are likely the cause of our issues?

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