Using the mylife App for flexible insulin doses

From now, the mylife App will suggest an insulin dose for meals and corrections.

From now on DO NOT use any correction doses given previously, instead use the mylife App for correction doses.

The mylife App will suggest a dose to give, using your child's current glucose level and/or the carbohydrate (carb) amount in your meal.

Daytime

- Use the App for all main meals
- If you eat more carbs within 2 hours of a meal – do not enter a sensor or blood glucose level into the App. Only enter the carb amount to get an extra suggested dose to cover the food - this might happen if your child wants more food than was planned and may require you to give another injection.
- You may need the App for morning or afternoon tea **if** the amount you eat regularly causes your glucose level to rise above 10 mmol/L.
- Low before a meal? Treat the hypo with quick acting carbs only. Then get a dose for your meal by entering just the carbs of the meal into mylife. Do not enter the glucose level into the mylife App.

Eating habits

- Aim for 3 main meals and 2 small snacks (if required to meet appetite).
- Limit grazing - aim to have at least 2 hours between any snack and meal.

Overnight

- To correct glucose levels above 10 mmol/L, enter the sensor or blood glucose level only.

Reminder

- Always press SAVE when you give the insulin, so the App stores the time and amounts injected.

Phone the diabetes nurses on triage 6456 1111 at least twice a week after starting to use the mylife App to have the settings reviewed until you have completed your Insulin Adjustment education. *If you feel like you are restricting food intake or your child's hunger is constant, please phone one of our dietitians for guidance and support. Phone: 6456 1111*

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