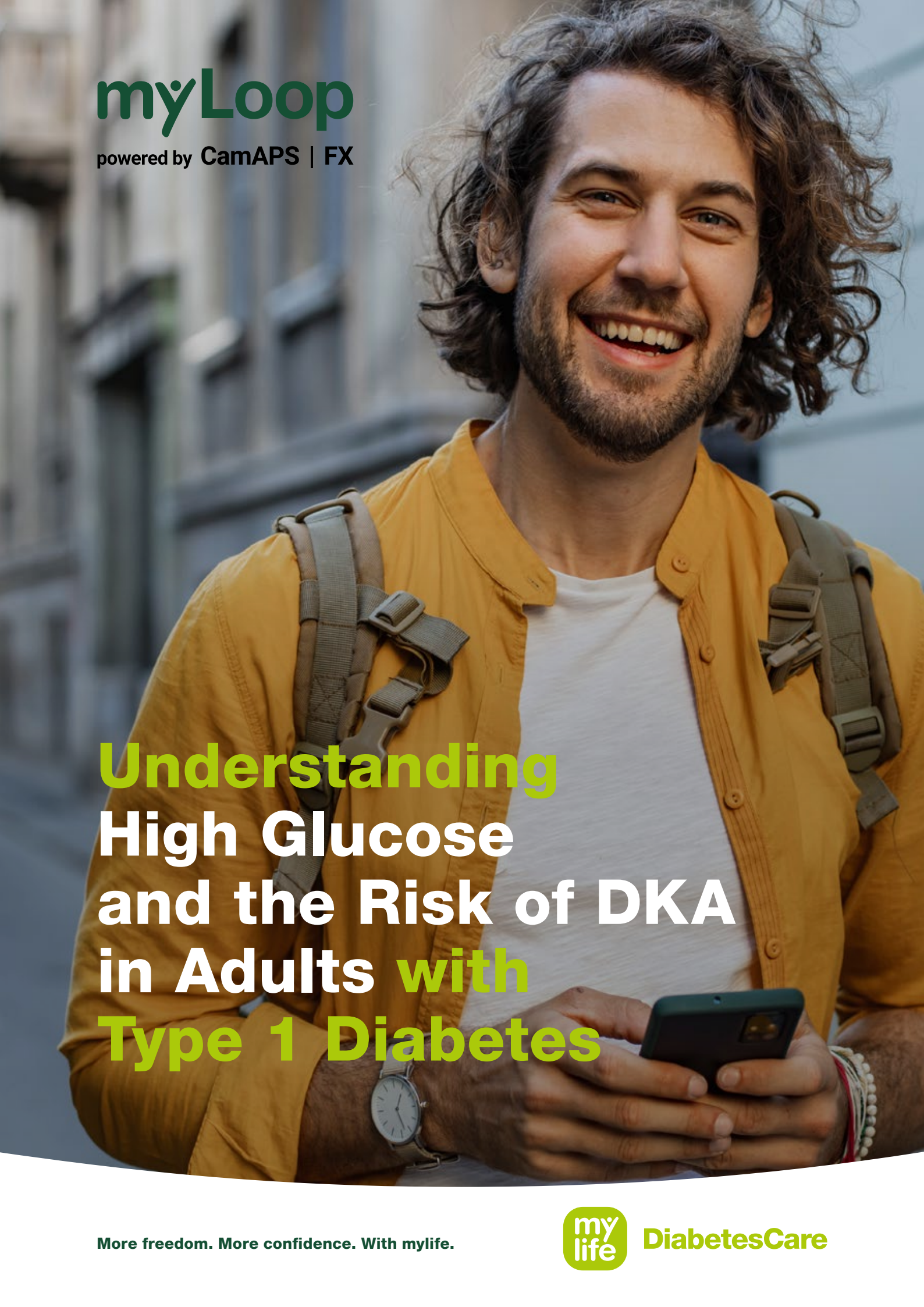




myLoop

powered by CamAPS | FX

Understanding High Glucose and the Risk of DKA in Adults with Type 1 Diabetes

More freedom. More confidence. With mylife.



DiabetesCare

For adults with type 1 diabetes who use YpsoPump, either on its own or as part of the Automated Insulin Delivery (AID) system myLoop driven by CamAPS FX

(CamAPS FX + compatible CGM + YpsoPump).

This leaflet explains what high blood glucose means, how to spot the warning signs, and what to do to prevent diabetic ketoacidosis (DKA). Additionally, when using an AID system, it's important to understand what can go wrong and how to act early.

What is high blood glucose?

High blood glucose (hyperglycaemia) means your blood sugar is above your target range. It can happen for many reasons such as missed insulin doses, illness, stress, or problems with insulin delivery (for example, infusion set issues or air bubbles in the tubing).

You may notice:

- Feeling very thirsty or tired
- Needing to urinate more often
- Blurred vision or headache
- Dry mouth or skin

If you use myLoop driven by CamAPS FX, remember that it cannot correct a problem if insulin delivery is interrupted (for example, from a blocked cannula, disconnection, or empty cartridge). Always act promptly if your glucose is high or rising unexpectedly.

Why high glucose matters

Because insulin pumps and automated insulin delivery (AID) systems use only rapid-acting insulin, there is no long-acting ("background") insulin in the body as there is with multiple daily injections. If insulin delivery is interrupted, the body runs out of insulin quickly, causing glucose levels to rise and ketones to form. This is why regular monitoring and prompt action are essential if your pump or infusion set is not functioning properly.

If your body doesn't get enough insulin for several hours, glucose cannot be used properly for energy. The body then begins to break down fat, producing ketones. A build-up of ketones can lead to DKA, a serious but preventable emergency.

Understanding DKA

DKA can develop quickly, sometimes within hours, if insulin is missing or delivery stops.

Possible warning signs include:

- Nausea, vomiting, or stomach pain
- Deep or rapid breathing
- Fruity-smelling breath
- Feeling unusually tired, confused, or unwell
- Dry tongue or lips

 DKA is a serious and potentially life-threatening condition. If you suspect DKA, contact your diabetes care team immediately or seek urgent medical help.

Checking your glucose and ketones

- Check your glucose as recommended by your diabetes team.
- If your CGM reading doesn't match how you feel, confirm your glucose with a finger prick test.
- If your glucose is around or above 13.9 mmol/L (250 mg/dL) or rising quickly without explanation, check for ketones if possible. If you feel unwell, test even if your glucose is lower than this.

i If you suspect DKA or your glucose is very high, rely on a finger-prick reading rather than your CGM to confirm your glucose level.

Follow your healthcare professional's advice, for example, your individual sick-day plan, on when and how to test and what steps to take if ketones are present.

Reducing your risk

- Respond promptly to any alarms or alerts from your pump, app, or CGM.
- Replace the infusion set if you suspect a failure.
- Keep a backup insulin pen or syringe for emergencies.
- During illness, check glucose and ketones more often and follow your sick-day plan.
- If your CGM reading does not match how you feel, always confirm your glucose with a finger-prick test.
- Check your YpsoPump and tubing for air bubbles, leaks, or blockages.
- Make sure insulin is delivered correctly, look for wet patches, loose sites, or disconnected tubing.
- If you see alerts such as "No Delivery", "No Insulin", "Cartridge empty", or "Occlusion", inspect your infusion set, tubing, and cartridge for blockages, and replace them if needed.
- Always carry spare infusion sets, insulin, batteries, and your phone charger or power bank.
- Stay hydrated and check your glucose more often during illness or stress.
- Know how to reach your diabetes team: Keep their emergency contact number and your sick-day plan where you can find them easily.

When to check for ketones

Test for ketones if any of the following occur:

- Glucose is above 13.9 mmol/L (250 mg/dL)
- Glucose is rising and not responding to correction doses
- You feel sick or have nausea/vomiting
- You notice an insulin delivery issue (for example, infusion set problem)



Interpreting blood ketone results

Blood ketone level	What it means	What to do
Less than 0.6 mmol/L (11 mg/dL)	Normal for people with type 1 diabetes.	No action needed. Continue monitoring.
0.6 to 1.5 mmol/L (11-27 mg/dL)	Slightly elevated	Monitor more closely. If you feel unwell or have high glucose, follow your sick-day plan and contact your diabetes team.
1.5 to 3.0 mmol/L (27-54 mg/dL)	Indicates risk of diabetic ketoacidosis (DKA).	Contact your diabetes team right away and follow your ketone management plan.
More than 3.0 mmol/L (54 mg/dL)	Medical emergency	Seek urgent medical help or go to the emergency department.

Managing high glucose early helps prevent DKA. Regular monitoring, quick action when glucose rises, and good awareness of how your mylife system works are measures to reduce the risk of DKA.

When to ask for help

- You have elevated or rising ketones.
- Your glucose stays high, despite using "Boost", giving correction doses, or making other pump adjustments.
- You feel unwell, are vomiting, or have trouble breathing.
- You feel unusually tired, drowsy, or short of breath.

i Seek urgent medical advice or emergency care if these occur.



This leaflet is for general education and does not replace personal medical advice.



Sources

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