

# Congratulations on GOING BIONIC!

You need to do a few things to help the iLet learn your insulin needs and take care of your blood glucose, especially over the next few days as it is first learning you. Let the iLet do the rest!



For more detailed information, refer to your User Guide, Educational Resource Guide and iLet Mobile App User Guide.

## Be Patient:

- You should expect to still have high and low BGs.
- You will still need to treat low BGs with rapid-acting carbohydrates, and you will still need to respond to high BGs.
- Allow the iLet to adapt to your insulin needs and BGs.

## Take Care of Your iLet:

- Keep it filled with insulin.
- Charge it.
- Make sure it is reading your CGM glucose.
- Change your insulin cartridge, iLet Connect, tubing, and infusion site at least every 3 days or if there is a problem.
- Change your infusion set at least every 2 (Contact detach) or 3 days (Inset) or if there is a problem.
- Do not re-use insulin cartridges, iLet Connects, tubing, or infusion sites.
- Make sure the connection between your iLet Connect and tubing is straight and tight. If this connection is not tight, insulin can leak out causing hyperglycemia, or air can get in and push insulin into your body, causing hypoglycemia.

**i** **DO NOT** let the iLet battery run out. It cannot dose insulin if it does not have power.

### Remember:

- Always rewind the iLet before installing the cartridge.
- Always put the filled cartridge into the iLet BEFORE the iLet Connect.

If you don't follow these steps, the cartridge can be damaged. This can cause leaking of insulin between the cartridge and the iLet Connect, leading to high BGs.

## Always Respond to Alerts:

- The iLet alerts are designed to notify you when action is needed to keep you safe or keep your iLet working.
- Keep your high and low glucose alerts turned on and respond quickly to prevent events from becoming more serious. Set the volume to a level you can hear.
- Always read, respond to, and dismiss active alerts on the iLet. Acknowledging the alerts may be required to resume insulin dosing.

## Respond To High and Low BGs

### If your BG is low:

- Treat with up to 15 grams of rapid-acting carbohydrates. You may need to treat with fewer carbs than you are used to.
- Give the carbs time to work before deciding to treat again. Check a fingerstick BG 15 minutes after treating and take additional rapid-acting carbs if your BG is still less than 70 mg/dL.
- Treat lows with rapid-acting carbs like juice, or glucose tabs. Do not use slow-acting carbs such as chocolate, peanut butter, or crackers.
- Do not use too many carbs to treat your low BG.

### If your BG is high:






- Make sure your infusion site and iLet are working.
- Change your infusion site if you think it is not working. When in doubt, change it out!
- If your BG is above 300 mg/dL for 90 minutes, use your ketone action plan.

## Announce Your Meals

- Only announce meals that have carbohydrates.
- For the first few days, follow these tips to help the iLet learn how much insulin you need for your meals:
  - Eat meals that have the "usual" amount of carbs for you and announce them as Usual.
  - Wait at least 4 hours before eating meals with carbs and announcing again.
  - If you are going to eat between meals, low carb or "free" foods are the best option, including nuts, cheese, eggs, meat, or non-starchy vegetables.
- Announce the meal right when you start eating. If you forget, and it has been more than 30 minutes since you started eating, DO NOT announce.
- Be consistent when choosing the meal type and size. All that matters is what you consider to be Usual, More, or Less carbs for YOU for that meal type.
- Do not announce a meal if your BG is low. Treat your low BG with rapid-acting carbs and allow your BG to return to range first.
- Avoid over-treating lows that occur after meals. Treat with up to 15 grams of rapid-acting carbs and wait 15 minutes before treating again.

**i** **DO NOT** announce meals that have no carbohydrates or are very low carb!

## Announce Your Meals continued

Carb Amount	Example	
<b>"Usual for me" Carb Amount</b>		This is the usual amount of carbs you would typically eat for that meal.
<b>"More" Carb Amount</b>	 	This is around 50% more carbs than your "Usual for me" meal (1.5 times as many carbs as your "Usual for me" meal).
<b>"Less" Carb Amount</b>		This is about half as many carbs as your "usual for me" meal (50% of your "Usual for me" meal)
<b>DO NOT ANNOUNCE</b>		If the meal or snack you are eating has less than one quarter (25%) of the carbs in your "Usual for me" meal, you do not need to announce.

## BG-run Mode

It is very important to always have a backup CGM sensor to avoid going into BG-run mode.

- The iLet will go into BG-run mode if it is not receiving CGM glucose readings.
- The iLet will alert you when a BG is required. You will be required to enter BGs into the iLet every hour until CGM is restarted. You will have to enter a BG every 4 hours once you have been on the iLet for more than a week.
  - BGs entered ahead of the scheduled alert will not silence the next scheduled alert.
  - If a BG value is not entered within 1 hour of the alert, insulin dosing will stop. You will have 4 hours to enter a BG once you have been on the iLet for more than a week.
- After 48 hours, BG-run mode will end, and all insulin dosing will stop. You will need to connect to a CGM or switch to your back up therapy plan. You will have 72 hours to stay in BG-run mode once you have been on the iLet for more than a week.

Talk to your healthcare team about your back up therapy plan and the supplies you need.

This may include:

- BG meter & strips
- Long-acting and rapid-acting insulin pens or vials
- Insulin pen needs or syringes
- Insulin dosing plan

Always disconnect from the iLet when switching to your back up therapy plan.

## Always have extra supplies

Your back up kit should include CGM sensors, supplies to refill your insulin cartridge and replace your infusion set, BG and ketone testing supplies, extra insulin, low treatment, your iLet charger, emergency contact information, and your Ketone Action Plan.

## Sync with the iLet Mobile App

The iLet mobile app will help you upload data from your iLet and install software updates to your iLet. Your healthcare team cannot see your glucose data if you do not sync your iLet.

Keep the app open on your phone, and keep your iLet paired with the app. If you do not sync your data for a while, it may take a long time to upload. Always sync your data before appointments with your healthcare team.

**Your Certified iLet Trainer will be calling you to check on how you are doing on the iLet and answer any questions you may have.**

**Certified iLet Trainer:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

<b>1</b>	Date: _____	<b>2</b>	Date: _____
	Time: _____		Time: _____

## Need Help?

### Call your healthcare team for questions about your:

- Diabetes
- Prescriptions & approvals for supplies
- BG control
- Backup insulin plan

### Beta Bionics Customer Service. 1-855-745-3800

#### Call this number for questions about your:

- iLet Bionic Pancreas System
- iLet Supplies

#### You can also find educational resources at:

[www.BetaBionics.com/resources](http://www.BetaBionics.com/resources)

#### You should request replacement supplies from your CGM manufacturer if:

- You have a problem with the CGM sensor, transmitter or CGM app.
- The sensor (and transmitter, if applicable) falls off or fails early.

**For Dexcom supplies, go to:** <http://dexcom.custhelp.com/app/webform>

You can also request a replacement sensor or transmitter by calling **Dexcom Customer Service at 1-888-738-3646**

You may need the e-mail and phone number that you used to register your Dexcom account.

**For Libre supplies, go to:** <https://contact-us.freestyle.abbott/sensor-support-form/en-US/guided-questions>

Call **Abbott Libre Customer Service at 888-963-8038** for any questions about CGM accuracy or for replacement CGM sensors.