



# Insulin Backup Plan

Always have a backup insulin plan ready. Use your backup plan if insulin delivery stops unexpectedly or the twiist AID System is disconnected for more than 1-2 hours.

Not having a backup insulin plan can cause high blood glucose or diabetic ketoacidosis (DKA). Work with your healthcare provider (HCP) to ensure your backup plan is right for you.

My backup **long-acting insulin** is \_\_\_\_\_. I inject \_\_\_\_\_ units daily.

My backup **rapid-acting insulin** is \_\_\_\_\_.

### I dose insulin for carbohydrates using:

<input type="checkbox"/> Insulin to Carb Ratio	1: _____
<input type="checkbox"/> Small/Medium/Large Dose	_____ / _____ / _____
<input type="checkbox"/> Set units at meals and snacks	_____ units with meals, _____ units with snacks

If my blood glucose is **high**, I add 1 unit for every \_\_\_\_\_ over \_\_\_\_\_ mg/dL. I can use this correction dose if it has been \_\_\_\_\_ or more hours since my last rapid-acting insulin injection.

### Signs of high blood glucose:

- Increased thirst/dry mouth
- Frequent urination
- Headache
- Nausea or vomiting, stomach pain

Treat high blood glucose as directed by your HCP. Check your ketones if glucose stays over 250 mg/dL for 2 hours. Make sure you have ketone testing supplies and a ketone action plan. Call your HCP if you need prescriptions or to review your ketone action plan.

### Call 911 or go to the ER if blood glucose is very high and any of these symptoms are present:

Nausea or vomiting, shortness of breath, confusion, or loss of consciousness.

### Backup Plan: Ongoing Preparedness

- Ask about updating your insulin backup plan at routine visits
- Keep your long-acting insulin refrigerated
- Check your long-acting insulin expiration dates before use
- Replace any opened insulin vial or pen every 28 days (or per label)
- Keep a backup glucose meter

## Customer Care: 1 877-4TWIIST (1-877-489-4478)

The twiist™ Automated Insulin Delivery (AID) System is for people with type 1 diabetes, 6 years of age and above, available with a prescription, only in the U.S.

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