



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:

☐ Insulin to Carb Ratio	1: _____
☐ Small/Medium/Large Dose	_____ / _____ / _____
☐ 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.

© 2026 Sequel Med Tech, LLC. All rights reserved. All other trademarks are the property of their respective owners. Medical disclaimer pending, to be provided by Sequel once approved.

Visit twiist.com/safety for important safety information.

TRNG-00638 Ver. 2.0