

Caregiver Quick Reference

My name is _____, I am _____ years old, and I live with type 1 diabetes (T1D). To best manage my T1D, I wear medical devices to monitor my glucose levels and administer insulin, often found on the back of my arm, legs, or abdomen. At times, these may beep, buzz, or vibrate, and I need my phone to always be near me to monitor my levels and give insulin when needed.

MEDICAL DEVICES I WEAR

- Insulin Pump:
- Continuous Glucose Monitor (CGM):

LOW GLUCOSE

Symptoms:

Treatment:

If BG < _____ mg/dL → Give 10-15 g fast-acting carbs → wait 15 minutes → recheck

EMERGENCY LOW – GLUCAGON

If unresponsive or unconscious, use Glucagon, do not give anything by mouth → call 911 → call emergency contact.

Baqsimi:

1. Remove wrap by pulling on red stripe
2. Open lid and remove the device from the tube (do not press on plunger)
3. Hold the device between your fingers and thumb. Do not push plunger yet.
4. Insert tip gently in one nostril until fingers touch outside of nose.
5. Push plunger firmly all the way in. Dose is complete when green line disappears.



HIGH GLUCOSE

Symptoms:

Treatment: If BG > mg/dL for 2-3 hours after correction → check ketones → call emergency contact.

CONTACTS

Emergency Contact #1:

Emergency Contact #2:

Diabetes Care Team:

Insulin Pump – Tandem Mobi System

QUICK TIPS TO GIVE A BOLUS

- Must bolus using Phone. There is a quick bolus option if no phone, but please call parent/nurse if need to use quick bolus.
- Open the Tandem Mobi app on the phone.
- Click on bolus/drop on bottom of the screen.
- Type in number of carbs to be eaten.
- If BG is above target, it might ask if you want to make a correction; click YES.
- If BG is low, it might ask if you want to lessen the insulin given; click YES/NO.
- Click done, next, confirm, and deliver.



TANDEM MOBI SYSTEM HOW TOS:

