

TRAINING HANDBOOK

Accu-Chek® Solo micropump system



TEMPORARY BASAL RATES

Temporary Basal Rates

Using the Temporary Basal Rate (TBR), you can increase or decrease your current basal rate profile on a percentage basis for a specified duration of 15 minutes to 24 hours. This enables you to better control the blood glucose level in case of illness, physical activity or other situations that require adjustments to the insulin delivery.

TBR percentage	Effect
0-90% delivery	decrease of basal insulin
100% delivery	normal basal rate
110-250% delivery	increase of basal insulin

(i) Note

Your normal basal rate is considered as being 100%. That means, if a TBR is not currently active, the basal rate percentage is set to 100 %.

If you switch your basal rate profile, an active TBR will be discarded.

A TBR can only be programmed when the micropump is running (RUN mode).

When the pump is stopped (STOP mode), delivery of the TBR as well as of any boluses is stopped.

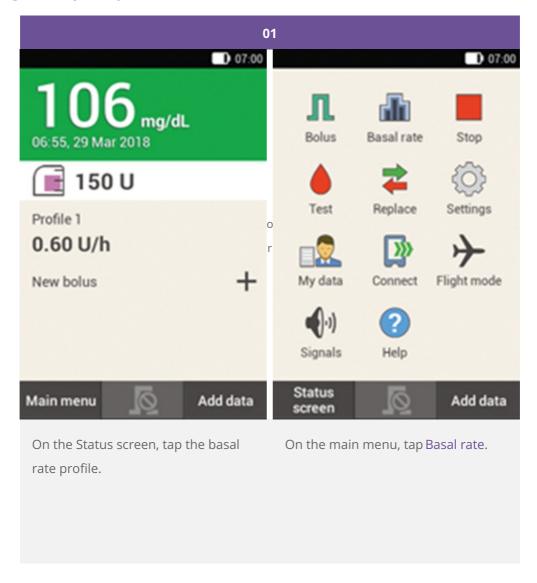
When the duration of the TBR has expired, you are informed that it has finished.

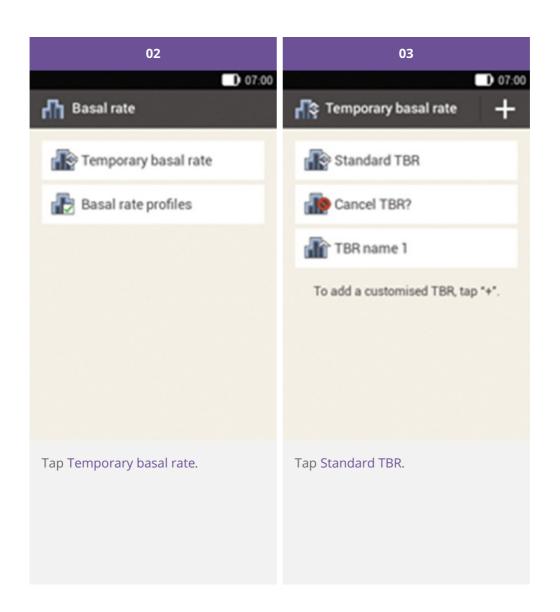
You can program and save customized temporary basal rates for recurring situations that change your insulin needs. For a customized TBR, the percentage and the duration are saved and used as default values each time you select this TBR. You also have the option of entering a name for a customized TBR.

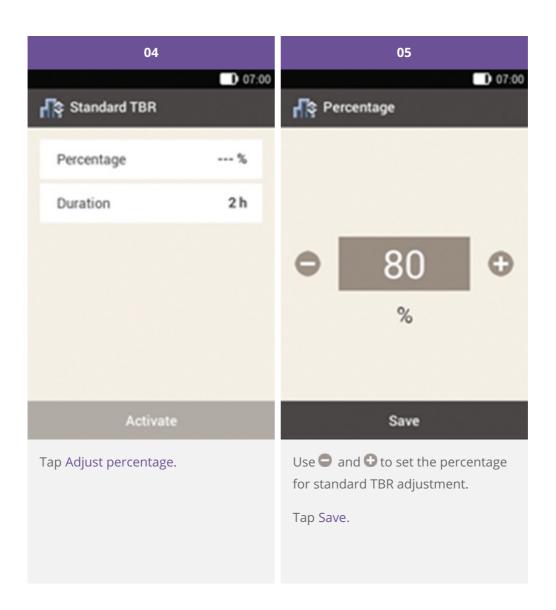
Example situation

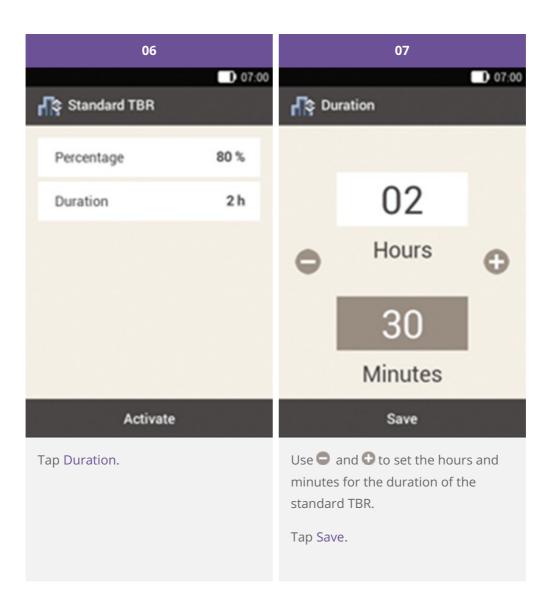
John Doe wants to play tennis for 1 hour. He knows that his body needs 40 % less insulin during this activity and for the subsequent recovery phase of 2 hours. He programs a TBR of 60 % (100 – 40 %) for the next 3 hours and saves this customized TBR, using the name: tennis.

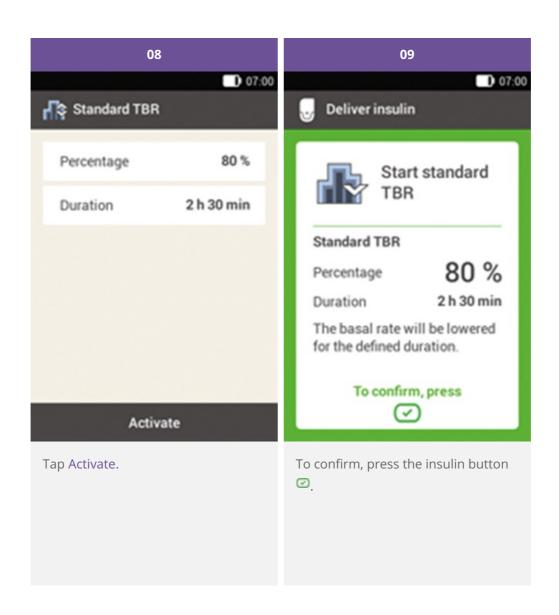
Programming a Temporary Basal Rate (TBR)

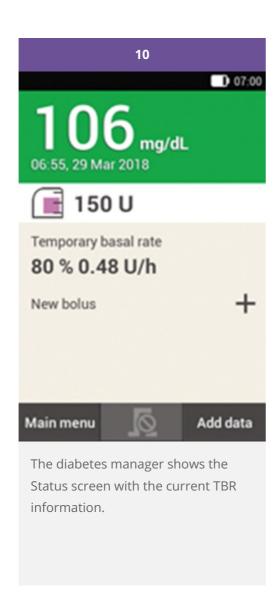




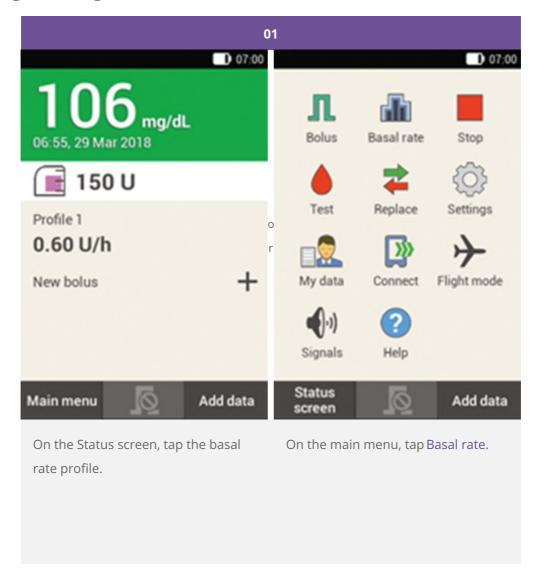


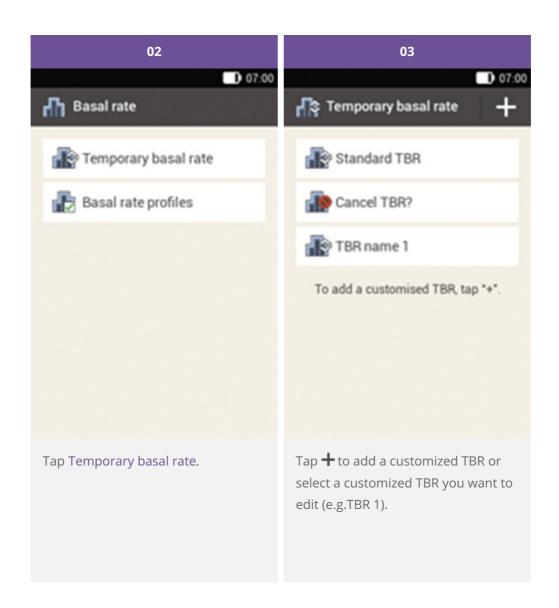


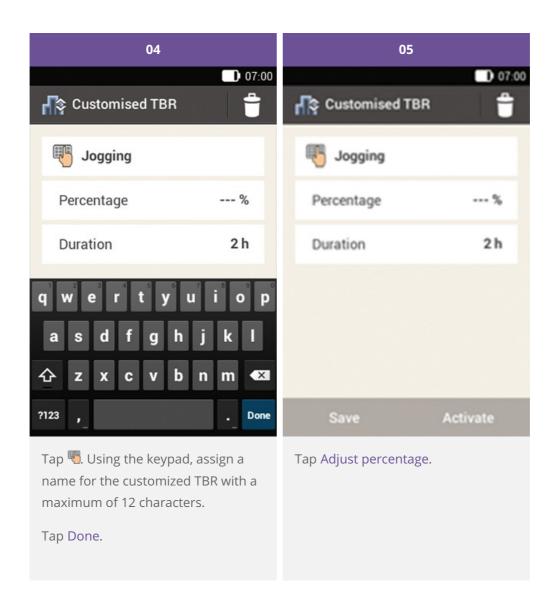


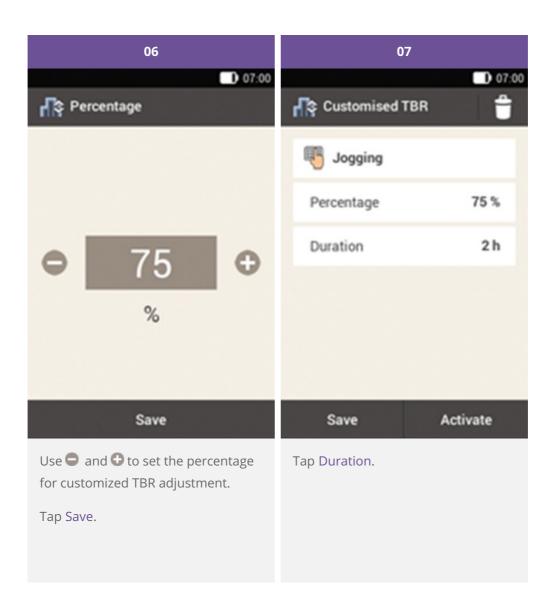


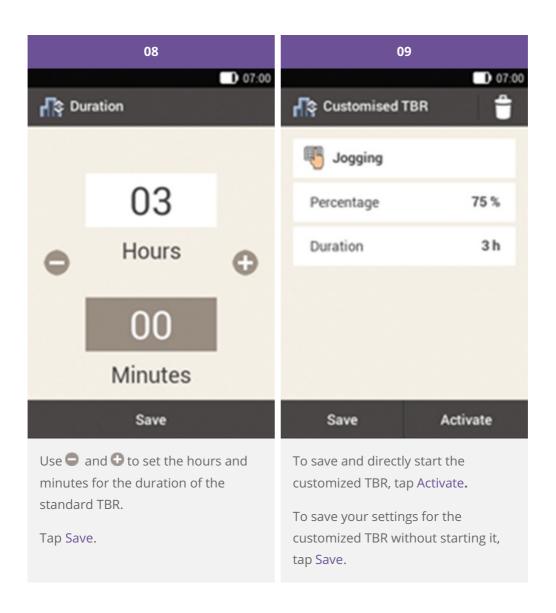
Programming or editing a customized TBR

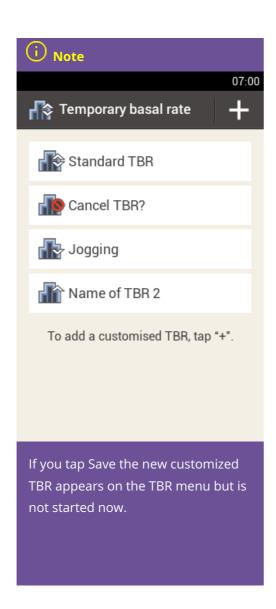




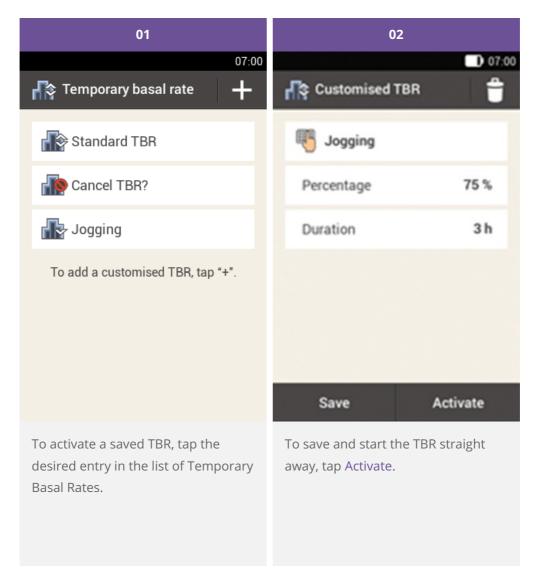


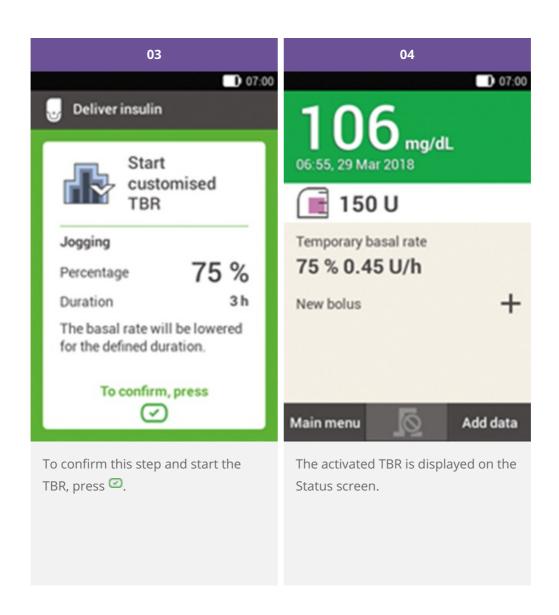




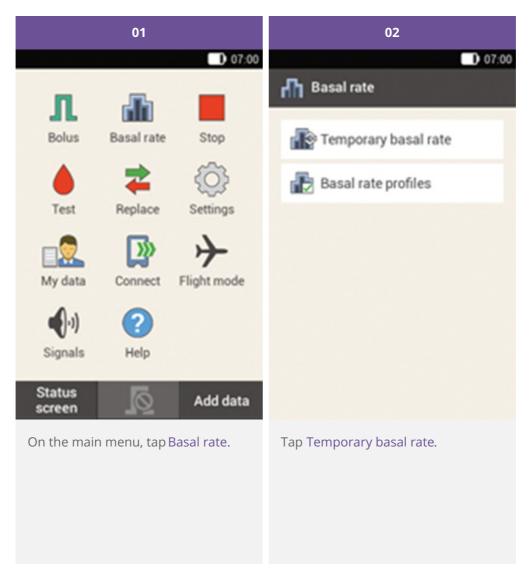


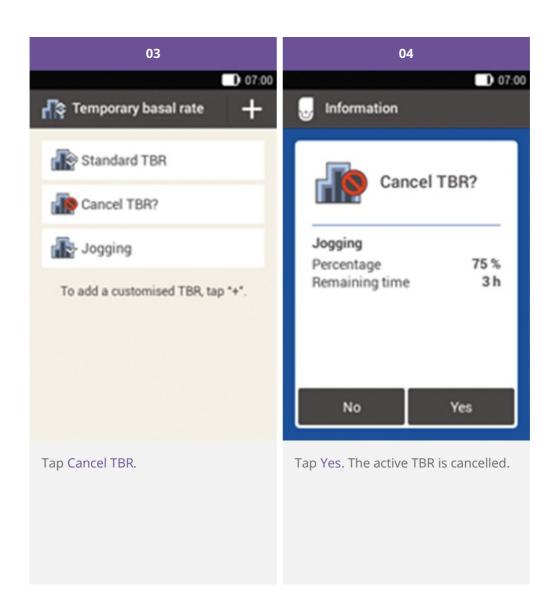
Activating a customized TBR

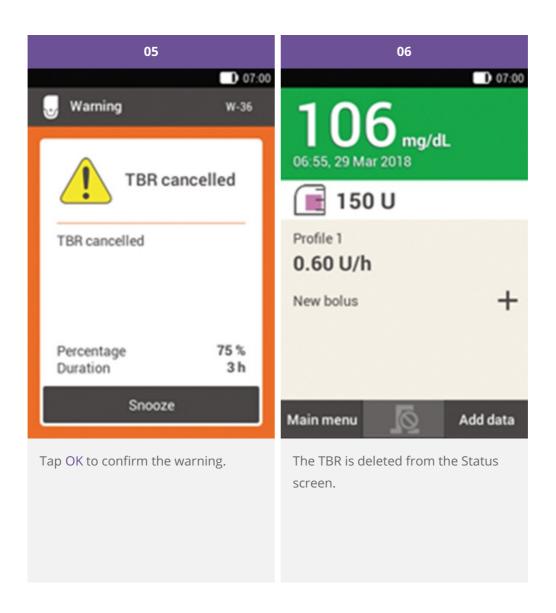




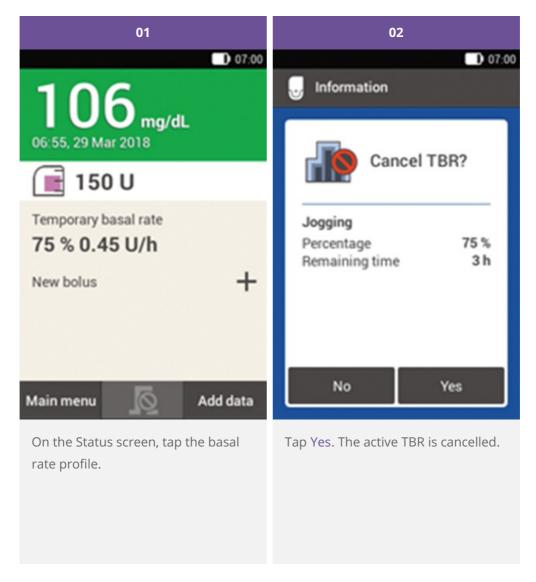
Cancelling a TBR

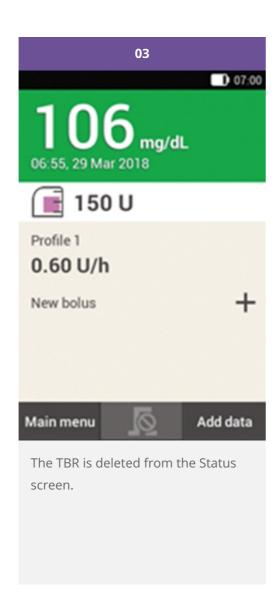






Cancelling TBR from Status screen



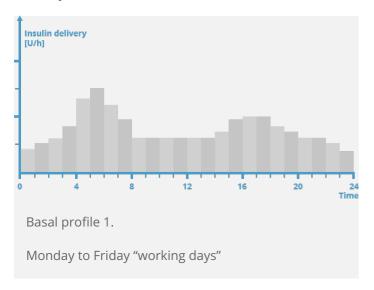


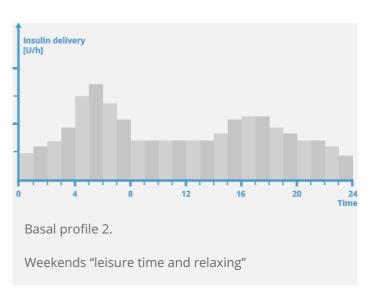
ADJUSTING AND ADDING BASAL RATE PROFILES

The reason behind different basal rate profiles

In addition to your initial basal profile, you may want to use other basal rate profiles for different daily routines. You can program up to 5 different basal profiles. Discuss using different basal profiles with your doctor or healthcare team.

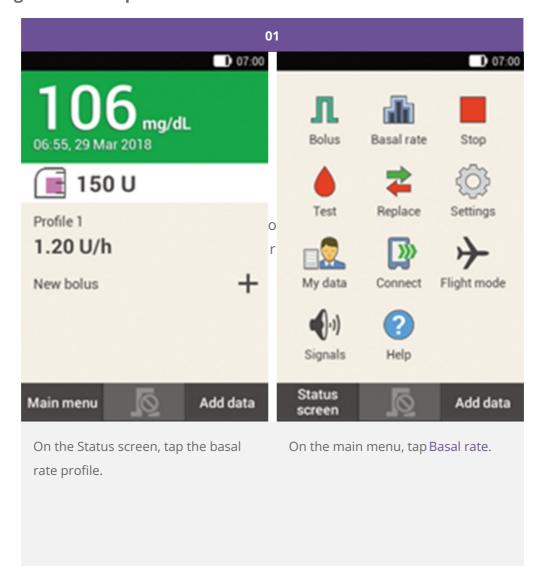
Example

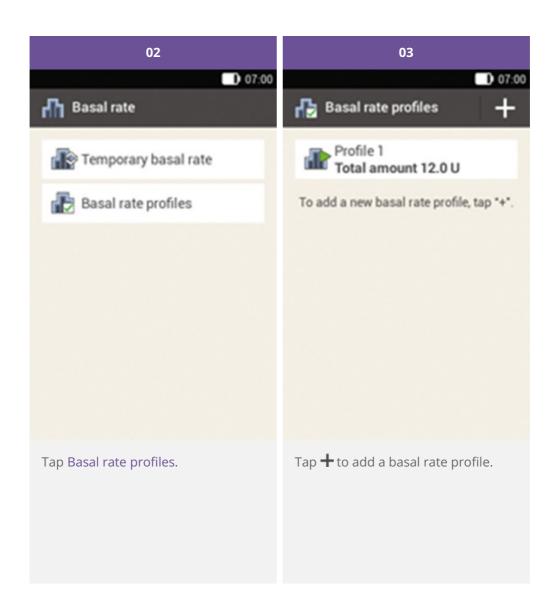


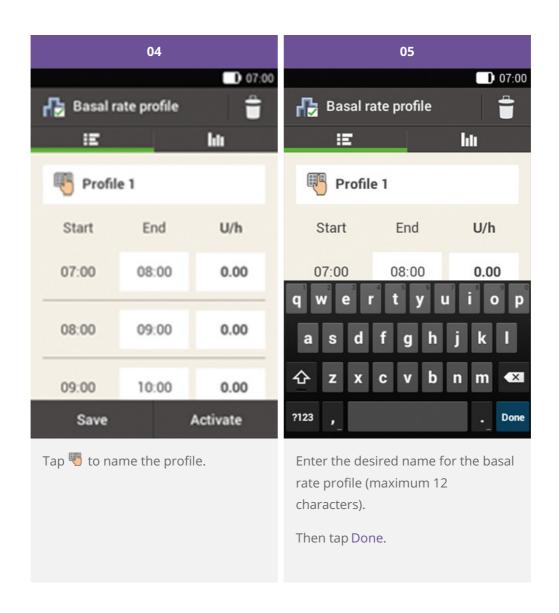


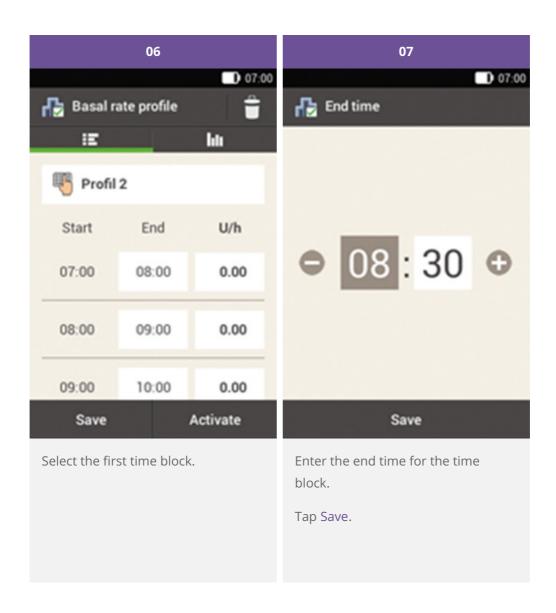
In this example, the user is a construction worker and from Monday to Friday he is on his feet from early morning until end of work. On the weekend, he likes to sleep in late and relax and read for hours. After discussing his varying daily routines with his doctor, the user programmed Basal Profile 1 for working days. He also programmed Basal Profile 2 that provides more basal insulin for Saturdays and Sundays.

Programming a basal rate profile









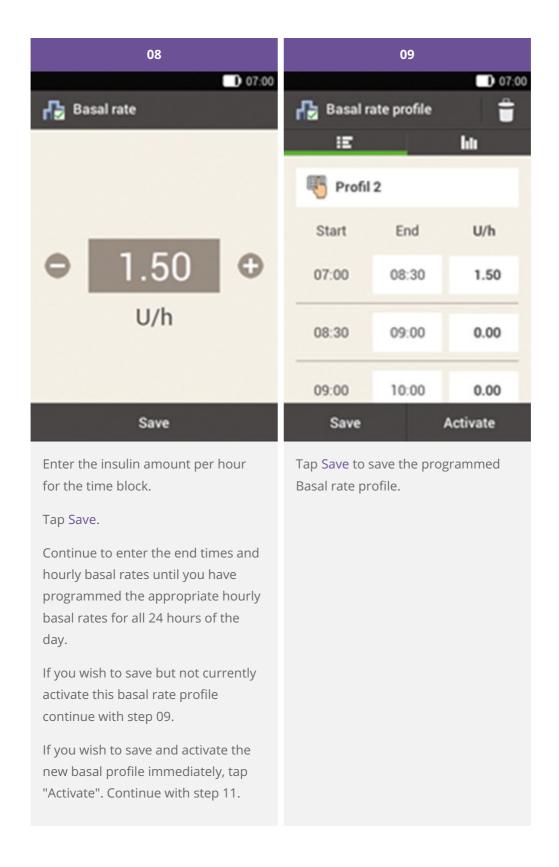
(i) Note

You are only able to edit the end time of basal rate time blocks. The start time of each time block is identical to the end time of the previous time block.

To delete a time block, set the end time of the time block to the start time of the same time block.

To add a new time block, set the end time of the last time block to the desired start time for the new time block.

Basal rate time blocks are neither identical to, nor shared with the time blocks for Bolus advice.

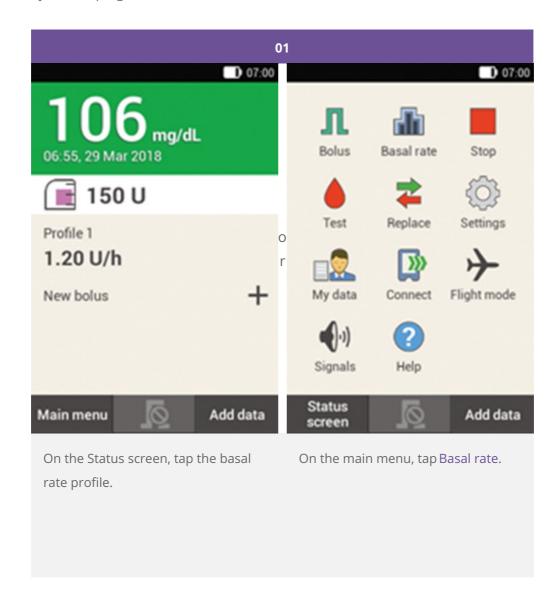


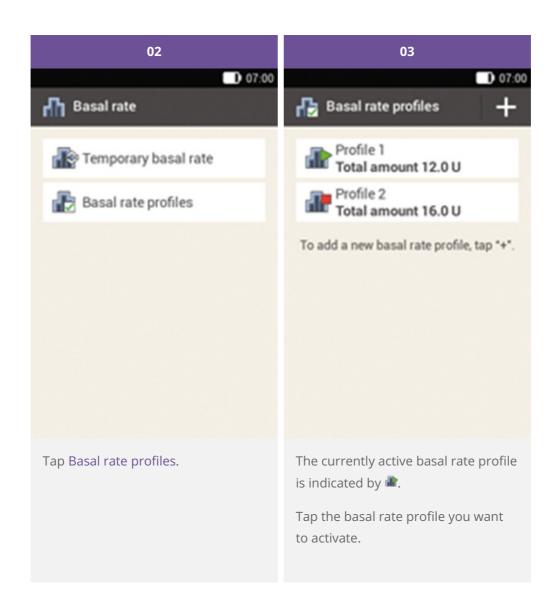


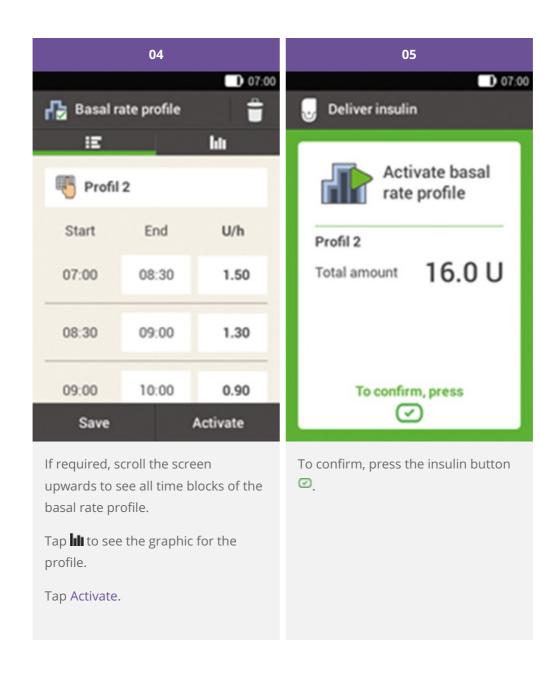
See the next section on how to activate a basal rate profile.

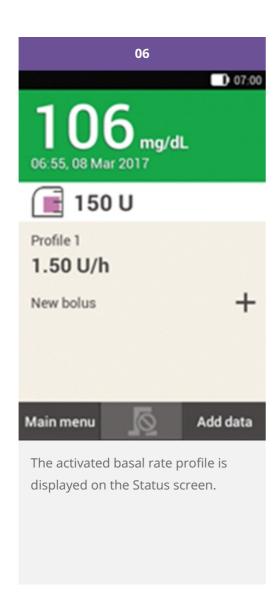
Activating a basal rate profile

Activate the appropriate profile, when it is due. For example, Friday night, when you change to your weekend routines, activate the profile you have programmed for weekends.

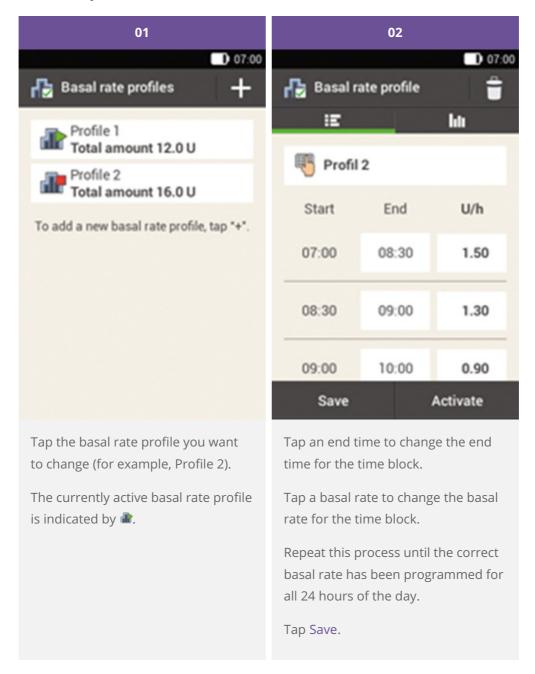








Changing a basal rate profile

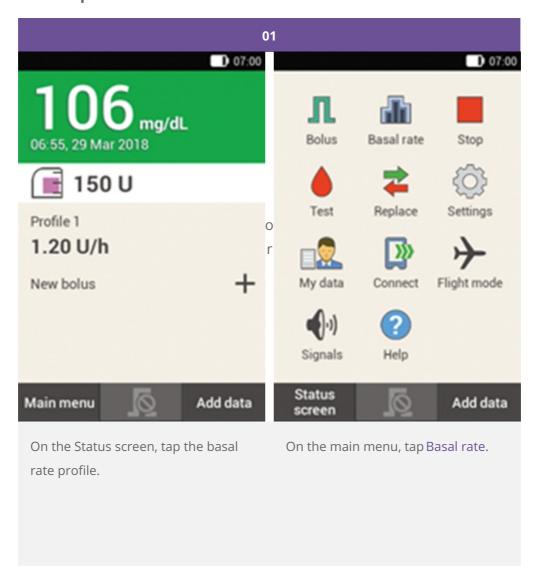


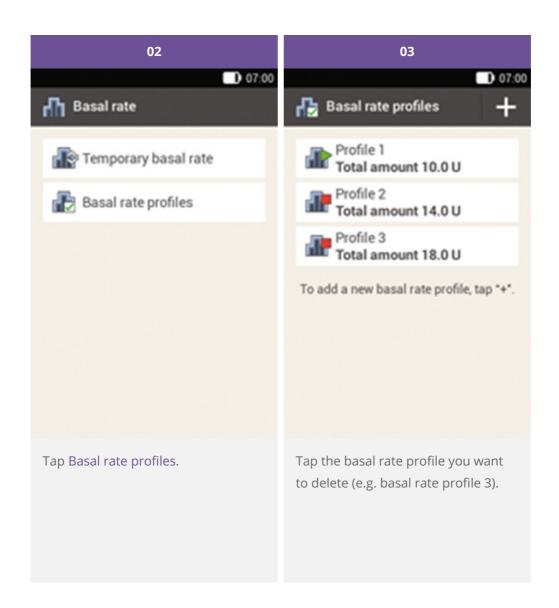


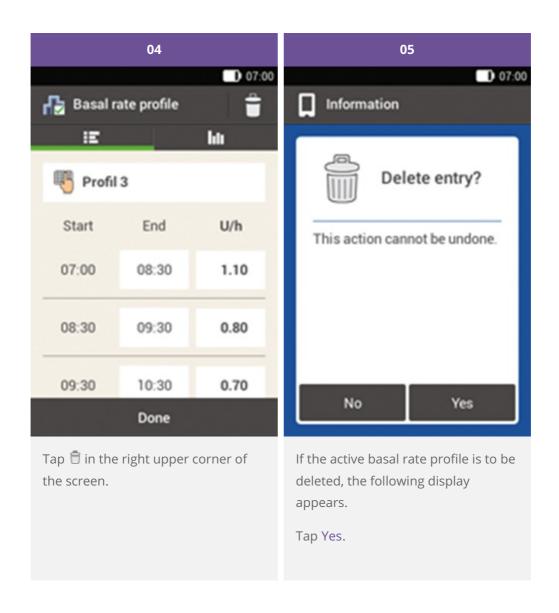
If required, scroll the screen upwards to be able to check all time blocks of the basal rate profile.



Deleting a basal rate profile









Approved/listed/registered under the product name:
Accu-Chek Solo micropump system

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Roche Diabetes Care GmbH Sandhofer Strasse 116 68305 Mannheim, Germany