

By using the combo bolus feature, you can tailor your bolus delivery to better match your meal content, eating pattern or health needs. Terms associated with combination boluses include:

1. **Normal bolus:** bolus delivered immediately
2. **Extended bolus:** bolus delivered slowly over a selected time, from 30 minutes to 12 hours
3. **Combo bolus:** a normal bolus + an extended bolus
4. **Duration:** the length of time the extended bolus will be delivered

Spreading out a bolus dose (or part of a bolus dose) can be very useful for matching your insulin bolus to high-fat foods or meals since these foods can delay digestion. Extending a bolus may also help with “grazing” over a few hours and for carbs that are digested more slowly such as high fiber foods. Extending a bolus can also help those who have gastroparesis or delayed digestion.

Combo Boluses often are helpful when eating pizza, Chinese, Mexican, and Italian meals and many meals eaten at restaurants.

For the greatest benefit, people will use this feature according to their individual needs. The same person may use the feature differently for different types of foods/meals. There is really no right or wrong way to use this feature, which does make it difficult to give specific recommendations. By frequently checking your blood glucose (BG) after eating, you will see patterns develop. The combo bolus feature will help you better cover these types of meals.

In order to use this feature, you need to activate it in your Advanced Setup menu. If you already turned on Advanced Bolus Features, you will now be able to program a combo bolus. See your Owner’s Booklet for details on programming a combo Bolus.

Talk to your healthcare provider (HCP) about when you should try this feature and for specific guidelines on how to start using it. Recording BG levels and a food diary on your Pump Flow Sheets will help you see any patterns which indicate this feature may be useful.

Combo Boluses: Guidelines and Helpful Hints

When programming a combo bolus, two options must be selected: the “split” of normal vs. extended and the duration, or amount of time, the bolus will be delivered. There is no perfect combination bolus rule that will work for everyone. Each individual will need to adjust their bolus delivery according to their specific need and their HCPs’ recommendations. The following information is intended as a guideline only. Always review the data you obtain with your HCP before making any changes.

If you need to correct a BG, be sure to deliver the correction insulin as part of the normal portion of the combo bolus to help bring BG to target quickly.

Combo Bolusing Guidelines

1. Begin with a 50%/50% split.

- a. 50% Normal Bolus
- b. 50% Extended Bolus over a 2 hour period

Example: Eating at 6 pm

Meal contains: 60 grams carb (If using a 1:10 I:C ratio) = 6 units

50% Normal =3 units

50% Extended =3 units

2. Check BG 2 hours after meal.

The purpose of this 2 hour check is to see if the first portion of the bolus—the 50% or Normal Bolus was the correct amount needed to maintain normal BG levels 2 hours after the meal. If BG is above target, try 60% / 40% split the next time you eat that meal.

Example: Meal contains 60 grams of carb. (If using 1:10 I:C) = 6 units

60% Normal = 3.5-4 units

40% Extended= 2-2.5 units

Note: If 2 hour post meal BG is high after trying 60% / 40% split, try a 70% / 30% split the next time you eat that meal. Continue this until you reach the right combination.

3. Check BG 4 hours after meal.

The purpose of this 4 hour check is to see if the 2nd portion of the bolus—the Extended Bolus was the correct amount needed to maintain normal BG levels 4 hours after the meal. If BG is above target increase the amount of insulin given over the 2 hour extended bolus the next time you eat this meal.

4. Check BG 6 hours after meal.

The purpose of this 6 hour BG check is to see if the 2nd portion of the bolus—the Extended Bolus was the correct amount of insulin needed and the right length of time needed to deliver the extended bolus to maintain normal BG levels 6 hours after the meal. If the BG was normal at the 4 hour check but high at the 6 hour check, the extended portion of the bolus may need to be increased slightly—and the length of time may need to be extended from 2 hours to 3 or 4 hours. If the BG was in range at the 4 hour check and at the 6 hour check—CONGRATULATIONS!!!!