

Travelling with CamAPS FX

Going on holiday or travelling with CamAPS FX is easy!

The same rules apply as when travelling with an insulin pump:

- ✓ Take plenty of supplies (insulin vials, spare background (long-acting) and quick-acting insulin pens, infusion sets, reservoirs, batteries, glucose and ketone testing strips etc. Don't forget your phone charger and travel plug!
- ✓ Ask your diabetes team for a travel letter for airport security.
- ✓ Consider using 'Ease-Off' or setting a higher personal glucose target to reduce the risk of hypos for the first few days of holiday if you are going to be more active than usual or are staying in a hotter climate.

Flying with the CamAPS FX system

- ✓ The CamAPS FX app communicates with the sensor and pump via Bluetooth.
- ✓ Some airlines will ask for the phone to be put in 'airplane mode' for the take-off and landing which blocks Bluetooth communication.
- ✓ In most cases, the algorithm will continue to deliver insulin for ± 30 minutes before the pump's pre-programmed basal rate takes over.
- ✓ Once it is safe to do so, 'airplane mode' should be switched off so that the CamAPS FX app can continue to receive glucose data and allow auto mode to adjust the insulin delivery accordingly.
- ✓ It is recommended to disconnect the pump's infusion set from the cannula on take-off and landing. Please do not forget to reconnect once at cruising altitude or when landed.

Changing time zones

- ✓ If the smartphone settings allow for automatic time zone updates, the CamAPS FX app will automatically update as well, so there is no need to manually change the time on the app or pump.

Need help?

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