Type 1 Diabetes

Glucose Level?

<2.9 mmol/L
- Do not exercise. Treat hypo. by eating 15g of fast acting carbohydrate.
- Re-test after 15 min.
- OK to exercise (low to moderate intensity) when glucose ≥5 mmol/L and follow with slow acting carbohydrate.
- Monitor glucose every 15 min during exercise.

2.9 - 3.9 mmol/L
- Treat hypo. by eating 15g of fast acting carbohydrate. Do not exercise if alone or type of exercise is potentially unsafe.
- Re-test after 15 min.
- If not exercising, ensure glucose ≥5 mmol/L and follow with slow acting carbohydrate if next meal not within 30 min.

4 - 4.9 mmol/L
- Eat 15g of fast acting carbohydrate.
- Eat 15g of fast acting carbohydrate before starting aerobic exercise.
- OK to exercise if exercise >30 min additional carbohydrates likely needed.
- Monitor glucose during exercise.

5 - 6.9 mmol/L
- OK for resistance and high intensity exercise to be started.
- OK for aerobic exercise to be started.
- Monitor for potential increased glucose.
- If exercise >30 min additional carbohydrates likely needed. Monitor glucose during exercise.

7 - 10 mmol/L
- OK for resistance and high intensity exercise to be started.
- OK for aerobic exercise to be started.
- Monitor for potential increased glucose.

10.1 - 15 mmol/L
- OK for resistance and high intensity exercise to be started.
- Monitor more closely for glucose increase.

>15 mmol/L
- Likely due to recent food?
  - Yes
    - OK to exercise at a low intensity with caution provided usual medications have been taken. Monitor glucose and increase fluids.
  - No
    - Possible to measure ketones?
      - Yes
        - Ketones ≥1.5 mmol/L
        - Take reduced corrective insulin dose and wait 30 min for a response. If glucose decreases and feeling well, OK to exercise at a low intensity with caution for a brief duration (<30 min) with frequent glucose monitoring. If glucose does not decrease then do not start exercise.
      - Ketones <1.5 mmol/L
      - No
        - Possible to measure ketones?
          - Yes
          - No

Do not exercise if had a hypo. within the previous 24 h that required assistance from another individual to treat the event.

Do not exercise if feeling unwell.