

Has Blood sugar been <3.9 in last 24 hours?

No

Yes

Check BG

Do not exercise

<3.5

3.5-5.6

5.7- 6.9

7.0-14.0

>14

20 g  
Carb

20 g  
Carb

Additional  
15 gCarb

Ketone Neg  
30%  
Correction  
Dose

Ketone Pos  
Correction  
Dose

Wait \*  
45 min

Wait  
15 min

Proceed to exercise  
Take 15 g CHO / 30 min Exercise

Post exercise if BG > 14 mmol/l  
give 30% usual correction and test 2 hours later  
If exercising evening reduce background by 10%

Reassess at each visit

\* Check BG every 15 min and  
give extra carbs if BG not rising

