

Karbohydrat

Time of meal and dose before exercise	Amount of carbohydrates and dose adjustments per kg and hour	Amount carbohydrates per 30 min.	Example of carbohydrates per 30 min.
<1 tim	1-1.5 g + 25-50% of dose		
1 tim	0.9 + 75% of dose		
1.5 tim	0.65		
2 tim	0.45		
2.5 tim	0.30		
3 tim	0.15		

Figur utarbeidet av Peter Adolfsson basert på referanse 1. Bearbeidet av sanofi-aventis

Referanser: 1. Francescato, M. P., Geat, M., Fusi, S., Stupar, G., Noacco, C., & Cattin, L. (2004). Carbohydrate requirement and insulin concentration during moderate exercise in type 1 diabetic patients. *Metabolism: clinical and experimental*, 53(9), 1126–1130. <https://doi.org/10.1016/j.metabol.2004.03.015>

Karbohydrat

Time of meal and dose before exercise	Amount of carbohydrates and dose adjustments per kg and hour	Amount carbohydrates per 30 min.
Sport drink	7-8	1-1.25 dl
Juice	7.5-10 g	1-1.25 dl
Banan	22	0,5 st
Eple med skall	12	1 st
Rosin	69	0,25 dl
Druer	16	0.9 dl
Skumnisser	80	3 st
Kjekssjokolade	61	¼ á 60 g
Kvikk lunsj	57	2 bars = 13 g

Figur utarbeidet av Peter Adolffsson basert på referanse 1. Bearbeidet av sanofi-aventis

Referanser: 1. Francescato, M. P., Geat, M., Fusi, S., Stupar, G., Noacco, C., & Cattin, L. (2004). Carbohydrate requirement and insulin concentration during moderate exercise in type 1 diabetic patients. *Metabolism: clinical and experimental*, 53(9), 1126–1130. <https://doi.org/10.1016/j.metabol.2004.03.015>

sanofi

sanofi-aventis Norge AS · Prof. Kohtsvei 5-17 · P.O. Box 133 · 1366 Lysaker

Praktisk implementering av guidelines

Link: <https://theglucoseneverlies.com/aerobic-endurance-exercise/>

GNL | 02 Exercise Guide: Aerobic endurance Exercise (www.theglucoseneverlies.co... Titta senare Dela 2/8

Type 1 diabetes exercise plans Aerobic/Endurance Exercise

Exercise type	Plan execution	Before exercise				During	After exercise	
		Meal insulin		Basal insulin		Carbs every 20 minutes	Meal & basal insulin	
		Within 90 mins of exercise	More than 90 minutes before exercise	If exercise is within 90 mins of meal insulin	If exercise is more than 90 mins since last meal insulin, reduce basal insulin by 25% 90mins before exercise (MDI)		Meal insulin	Temporary basal rate reduction (MDI: Basal insulin if in evening)
Aerobic	Went high first time	-25%	No change	No change	-25% (No change)	See chart for weight	-25%	-10% for 6 hrs (-10%)
	Starting Plan	-50%	No change	No change	-50% (No change)	See chart for weight	-50%	-20% for 6 hrs (-20%)
	Went low first time	-75%	No change	No change	-75% (No change)	See chart for weight	-75%	-30% for 6 hrs (-30%)

Titta på YouTube