What is Loop?

Information for new and potential Loopers

May 2021

Link to YouTube Video
The Loop app is a do-it-yourself closed-loop algorithm.

This presentation is provided to assist you in making your own decisions, in consultation with your health care professionals, regarding your own diabetes self-management.

You take full responsibility for building and running this system and do so at your own risk.

Please remember that the Loop app is not FDA-approved for therapy.
This video is for you, if ...

You are a T1D or are caring for a T1D

You’ve heard about **Loop** but aren’t quite sure **what it is** and **how it works**.

You have some **understanding** of

- **Basal Rates**,  
- **Insulin Sensitivity Factor** and  
- **Carbohydrate Ratio**
1. What is Loop?
2. How does Loop work?
3. What does Loop look like?
4. Where do I get Loop?
5. What equipment will I need?
6. What if I need help?

Simplified view of the silent communications between your iPhone, CGM, insulin pump, and radio-link:
What is Loop?

Loop is an iPhone app that works together with your
● CGM,
● Pump, &
● Radio-link device
to manage your insulin delivery by predicting Blood Glucose outcomes.
Your predicted Blood Glucose is based upon:

- Carbs on Board (COB)
- Insulin on Board (IOB)
- Current BG
- BG Momentum (How fast your BG is changing)
- Retrospective Correction (Looking at past predictions and results)
Loop’s display provides easy access to details

1. Heads Up Display

2. Charts

3. Toolbar
Heads Up Display is a snapshot of Loop’s components

- Loop status icon: green, yellow or red
- Blood Glucose value
- Basal rate is RELATIVE to the scheduled basal rate
- Pump reservoir status
- Battery status (Medtronic only) or Omnipod Pod life remaining
Four charts reflecting critical information

By tapping on the Charts, you reveal more details about:

- Glucose,
- Active Insulin
- Insulin Delivery
- Carbohydrates
Easy-to-use Toolbar at the bottom

The Toolbar is located at the bottom of the main screen and has icons you tap to configure:

- Meals
- Pre-Meal target
- Bolus
- Overrides
- Settings
Simple 3-step meal entry

1. Tap the Meal icon on left side of Toolbar to reveal the Add Carb Entry screen:
   1. Add Amount Consumed
   2. Tap Food Type (slow, medium, fast)
   3. Tap Continue
Who doesn’t love ice cream?

1. **Meal Entry for Ice Cream**
2. Hit the **Meal Icon** in the **Toolbar** at the bottom of the main screen
3. **Amount Consumed** is 9g carbs
4. **Food Type**, tap Plate Icon to reveal Ice Cream
5. **Absorption Time** is 2 hours default absorption time for Ice Cream, but we’re going to select **3 hours** and **Continue**
6. By hitting the **Recommended** line, the amount of 0. units will be copied into the **Bolus** line (amount is based upon your individual settings)
7. Hit **Deliver**

Click on the black box above to start this short video

Note: Loop uses 2 hours for the ice cream icon
You may choose to modify that absorption time.
Where do I get Loop?

You cannot buy Loop or download it from the App Store.

You can learn more about how to build and operate Loop at

1. LoopDocs
2. Loop and Learn’s Starting Loop series

Loop is DIY, which means Do-It-Yourself. It is Not-Do-It-Alone!
Special thanks to

• Matthew Fouse for the generous use of his beautiful graphics

• Tina and Reese Hammer for the terrific video

• Loop and Learn community for their continued support
Resources

LoopDocs:  https://loopkit.github.io/loopdocs/operation/features/carbs/

Loop Basal & ISF:  https://youtu.be/AgSZp7juPc4

ISF & Carb Absorption:  https://youtu.be/fZx1VRKj9fY

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