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Dear REPOSE Participant,

Many thanks for your continued participation in the REPOSE trial. This letter is being sent to all participants in the trial. If you have already discussed the following issues with your local diabetes team then please ignore this letter.

You were given a Bolus Advisor (multiple daily injections patients) or Bolus Wizard (in the insulin pump) at the start of the trial and given the option of using this to assist you in the management of your diabetes. I know that some of you are using the device and some are not. However, we have recently discovered that some people may not be using these devices as they were intended. We have decided that it would be a good idea to send a reminder as to how we think they should be used.

If you are currently using the device, I'd like to clarify a couple of important things, to ensure you are using it most effectively:

- 1) Your carbohydrate to insulin ratio and / or your insulin sensitivity may change over time, therefore you cannot assume that the values that were programmed into your device at the end of the course are the same ones as you need now. If your blood glucose readings are not regularly within target your ratios and / or insulin sensitivity may need changing. If you are unsure how to do this please contact your local DAFNE educator.
- 2) The bolus advisor / bolus wizard cannot detect patterns in blood glucose readings and therefore is not a replacement for a diary. Prior to changing any settings you should carefully reflect on your diary. If you are not using a diary regularly, try for a few days, to keep a record of your blood glucose values before meals, your carbohydrate intake and your insulin doses. Then look at the diary or your records to try to detect patterns. Before making any changes to ratios / insulin sensitivities we would advise that you check your background / basal insulin by having carb free meals – please refer to your handbook or contact your local DAFNE educator if you would like any advice about this.

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If at any stage you require further advice then please don't hesitate in getting in touch, using the contact details below.

Yours sincerely,

[INSERT NAME OF LOCAL PI/EDUCATOR AND CONTACT DETAILS]