

Insulin Pumps

The Basics

1. Change your pump insertion site at least every 72 hours.
2. ALWAYS PRIME your tubing before you connect yourself to the pump.
3. Always bolus before you eat.
4. Keep an unopened vial or pen of long acting insulin (Lantus), syringes and/or pen needles at your house in case something goes wrong with your pump.
5. If you run out of pump supplies or need to discontinue the pump, GIVE LANTUS/LEVEMIR AS SOON AS POSSIBLE (see box).
6. Check for ketones if your blood sugar is over 300 or you are sick.

Converting from Basal

1 basal rate:

basal rate/hour x 24 hours = Lantus dose

Multiple rates:

(rate 1 x number of hours) + (rate 2 x number of hours) + ... = Lantus dose

Keep a written record of your basal rate(s), carb ratio and correction in your logbook

What to do for ketones when you are on a pump:

1. Check for a pump site problem, kink, or occlusion. Check pump settings.
2. Trace/Small ketones: Give your normal correction when you eat. DRINK WATER. Keep checking! Check ketones and blood sugar every 2 hours.
3. Moderate/Large ketones: CHANGE YOUR PUMP SITE. Give insulin by syringe! See your **Sick Day Stoplight Plan** for detailed instructions. Questions: Call the diabetes team 314-454-6051 (day) or 314-454-6000 (after hours).

Be Safe on a Pump

1. If you are using advanced features, **you must still know your insulin-to-carb ratio and your correction (sensitivity factor) doses.** You may need to dose with a pen/syringe if there is a problem with your pump.
2. When traveling, always bring extra pump supplies and insulin.

Tips for Better Control on a Pump

1. Follow a designated meal and snack regimen. Being on a pump is not a free pass to snack or “graze” throughout the day.
2. All pumps are capable of using multiple pre-set basal rates to help meet your individual needs. For help adjusting your basal rates, please call the office at 314-454-6051.
3. You can wear your pump while participating in most sports.
4. If suspending the pump, bolus to cover the basal rate you will miss. If your blood sugar level is under 150 mg/dl, you can wait 1 hour to bolus.
5. **Do not go longer than 2-3 hours disconnected from your pump without taking insulin.**

**A pump is NOT
a free pass to
“graze” or
snack all day!**

Continuous Glucose Monitors (CGMs)

1. CGMs read glucose values every 5 minutes
2. **Sensors must be calibrated at least twice daily.**
3. CGMs DO NOT replace the need for checking blood sugar with a meter. You must still check your blood sugar by fingerstick before meals and at bedtime.
4. If your sensor shows that you are low, you must confirm this with a fingerstick.

DexCom: The receiver can transmit to device up to 20 feet away. It is approved for use at one site for up to 7 days.

Medtronic Threshold Suspend Automatic with MiniMed 530G: Threshold suspend automatically stops insulin delivery when sensor glucose values reach a preset low threshold.