

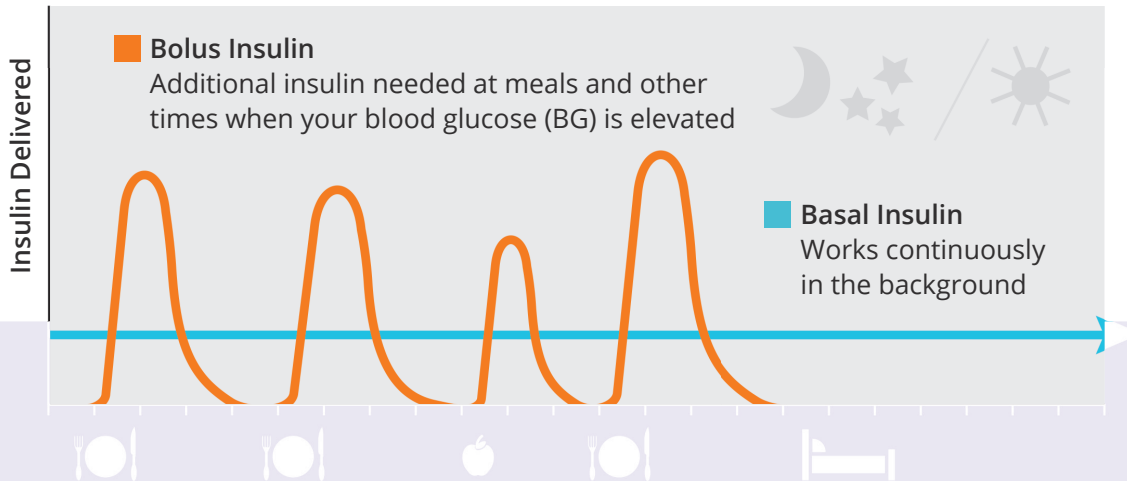
# Preparing for Pump Therapy 101



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## Smart Starts

Before you start using your new insulin pump, it may help to understand some key concepts and expectations. This guide will define key terms as well as provide you with insights and tips.



## Get to Know Your Pump Settings

### Basal Rate(s)

Amount of insulin that is delivered continuously. This can be individualized to match your blood glucose patterns.

### How are pump settings calculated?

Your healthcare provider will calculate your insulin pump settings based on your current insulin doses, BG levels and weight, as well as other factors such as schedule and lifestyle.

### Bolus Calculator

Feature that can suggest a bolus dose based on your BG level and carbohydrate (carb) intake. These calculators also take into account previous boluses to ensure you do not take too much insulin!

#### Settings In The Bolus Calculator Include:

- **Insulin-to-Carbohydrate ratio (IC ratio)** – amount of carbs (in grams) covered by one unit of insulin
- **Correction Factor** – a value that indicates how much one unit of insulin will lower your BG
- **Target Blood Glucose** – the ideal number at which you would like your BG level to be
- **Duration of Insulin Action** (also known as **Active Insulin** or **Insulin on Board**) – the length of time that your insulin remains active and available in your body after a bolus

## While Waiting to Start Your Insulin Pump

### Check your BG more often

It is recommended to check when you wake, before each meal, 2 hours after each meal, bedtime and in the middle of the night.

### Keep a diary

Include food eaten (portion size, grams of carbs), insulin taken, activity and illness.

### Refresh your carb counting skills

Measure your portions with measuring cups, a food scale, or use a carb counting app on your smartphone.

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## Pumped to Start?

### Questions to ask yourself

- Do you have what you need? Your healthcare provider will provide prescriptions for vials of insulin, test strips, lancets and other items you might need.
- Have you checked out digital resources? You can often download online training or apps to help you get started.
- Have you scheduled your training session? Your Certified Pump Trainer will help coordinate a date and time that works for you and your healthcare provider.
- Do you have instructions on how you should take your insulin prior to starting on your pump? Be sure to discuss this with your healthcare provider.

During training you will learn the ins and outs of your device, pay attention and prepare a list of questions!

## Tips for a Successful Training Session

**Be prepared.** Complete the pre-work that the trainer asked you to complete.

**Be on time.** The training itself will likely be a few hours – allowing the entire time will make sure there is no rush through the information.

**Bring someone.** Having support at your appointments can be helpful, so bring a significant other/friend or family member to the training.

**Be focused.** Arrange for a babysitter for your children during the training. Put your phone away so you are not tempted to check calls and voicemails.

**Bring food.** Bring a snack or glucose tabs in the event of a low blood sugar.

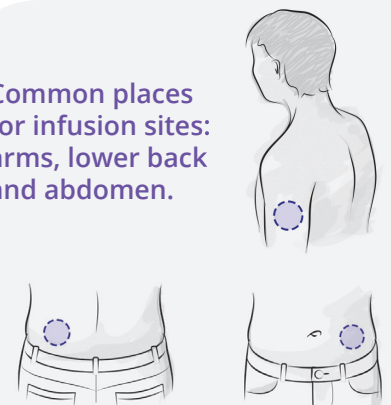


## What to Expect After You Start Your Insulin Pump

Changing how you manage your diabetes can be overwhelming. Knowing what to expect can help.

- Try wearing your pump in multiple locations on your body to find the spots you like best. Getting used to wearing a device can take some time.
- Check your BG more frequently, at least 4-6 times a day or as indicated by your healthcare provider's instructions. Any change in your diabetes therapy can cause changes in your BG.
- Keep your normal routine. Changing your routine could affect your BG. Try to avoid starting your pump before travel, holidays, surgery or unusual work, school, and leisure activity schedules. If you do have to make a drastic change in your routine consult with your healthcare provider first.

Common places for infusion sites: arms, lower back and abdomen.



### REFERENCES

Bolderman, K. *Putting your patients on the pump*. 2nd ed. American Diabetes Association. 2013.

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