Taking insulin is required for people with Type 1 diabetes. Sometimes people with Type 2 diabetes also need to take insulin. Your healthcare provider can help you find the best insulin routine for you.¹

**INSULIN THERAPY 101**

**Syringes**
Syringes are devices that are used to inject insulin into your body through a needle. Syringes require you to fill them with the particular insulin you need.²

**Insulin Pens**
Insulin pens contain a cartridge of insulin that is inserted into the pen. The dose can be dialed on the pen to the amount needed and insulin is then injected through a needle into the skin.²

**Insulin Pumps/Pods**
Insulin pumps/Pods deliver a continuous amount of insulin 24 hours a day through a cannula placed under the skin. You also deliver additional insulin doses for mealtime or correction from the insulin pump.³

**HOW CAN YOU TAKE INSULIN?²**

**MULTIPLE DAILY INJECTIONS (MDI)**

**INSULIN PUMPS/PODS**

**HOW DOES MDI DIFFER FROM PUMP THERAPY?**

**Type of Insulin**
With MDI, 2 types of insulin are commonly prescribed.²

- **Long acting insulin** is taken to provide a background amount of insulin (basal insulin) for what your body needs throughout the day.³ Long acting insulin reaches the bloodstream a few hours after injecting and can lower glucose levels over 24 hours.²
- **Rapid acting insulin** is taken to cover the rise in blood glucose due to eating. Since this type of insulin reaches the bloodstream quickly and is out of your system in about 4 hours, it’s usually taken at mealtime and/or for corrections. Rapid acting insulin taken at mealtime and/or for corrections is called a bolus.³

**Basal Rates**
Insulin pumps are programmed to deliver personalized basal rates, measured in units per hour (U/hr), throughout the day depending on your needs. For example, a higher basal rate may be programmed in the early hours of the morning to account for the higher BGs related to Dawn Phenomenon.³

The exact amount of insulin your body needs changes depending on²:

- Activity
- Stress
- Mealtimes
- Illness
- Schedule

Your healthcare provider will help you adjust your basal rates to address these changing needs.

When using long acting insulin as your basal insulin (with MDI), you are not able to adjust your insulin as easily as you can with an insulin pump or Pod.
INSULIN THERAPY 101

Bolus Doses
Along with your basal rate, you can deliver bolus doses from your insulin pump for mealtimes and/or corrections. The good news is insulin pumps have bolus calculators that help you determine the right dose. All you need to do is enter your current blood glucose and amount of carbohydrates in your meal. The insulin pump will suggest a bolus dose based on your personalized settings.3

IS INSULIN PUMP THERAPY RIGHT FOR YOU?

Here are some things to consider:

- Fewer injections3
- More precise doses of insulin; Insulin pumps can deliver fractions of a unit, no need to round your calculated doses3
- Bolus calculators can suggest how much insulin you need for mealtime and/or corrections4
- May help improve A1C4
- Bolus delivery is easy and discrete, no need to plan when and where to inject4
- Mealtime flexibility4
- May help reduce severe low blood glucose episodes4
- Insulin therapy that fits your lifestyle, with advanced features that allow you to adjust your dose on the go3

REFERENCES

MEDICAL DISCLAIMER - HEALTH CARE TREATMENT ARE COMPLEX SUBJECTS REQUIRING THE SERVICES OF QUALIFIED HEALTHCARE PROVIDERS. THIS EDUCATIONAL HANDOUT IS INFORMATIONAL ONLY AND NOT INTENDED AS MEDICAL OR HEALTH CARE ADVICE OR RECOMMENDATIONS TO BE USED FOR DIAGNOSIS, TREATMENT OR FOR ANY OTHER INDIVIDUAL NEEDS. THIS EDUCATIONAL HANDOUT IS NOT A SUBSTITUTE FOR MEDICAL OR HEALTH CARE ADVICE, RECOMMENDATIONS AND/OR SERVICES FROM A QUALIFIED HEALTHCARE PROVIDER. THIS EDUCATIONAL HANDOUT MAY NOT BE RELIED UPON IN ANY WAY IN CONNECTION WITH YOUR PERSONAL HEALTH CARE, RELATED DECISIONS AND TREATMENT. ALL SUCH DECISIONS AND TREATMENT SHOULD BE DISCUSSED WITH A QUALIFIED HEALTHCARE PROVIDER WHO IS FAMILIAR WITH YOUR INDIVIDUAL NEEDS.