

Pediatric/Adolescent Activity CHALLENGE - PREPUMPER

Please complete the following questions, review your answers with your diabetes health care team. Obtain a copy of the answer sheet.



1. Gillian took her usual insulin dose at breakfast. Right after eating her breakfast, she decides to go for a long bike ride with a friend. Gillian should do all of the following **except**:
 - A) Check her blood glucose before, during, and after exercise
 - B) Take a snack to eat, as needed
 - C) Carry treatment for hypoglycemia
 - D) Check blood glucose at lunch only
2. Delayed low blood glucose can happen several hours after exercise. What are some actions you can do to lower your risk of hypoglycemia?
 - A) Check your blood glucose more often (before, during, and after exercise, in the evening, and overnight)
 - B) Lower the insulin that is working after the activity
 - C) Have a high protein, low carb snack
 - D) A and B
3. Clara has swimming class from 9:00 to 10:00 a.m. on Saturday morning. Her usual insulin before breakfast is: Humulin® N 12 units; Rapid-acting insulin 5 units. What adjustment would you make?
 - A) Decrease the rapid-acting insulin by 30 to 50%
 - B) Increase the Humulin® N by 20 to 30%
 - C) Decrease the Humulin® N 50%
 - D) Increase the rapid-acting insulin by 10%
4. Drew has soccer practice after supper from 6:00 to 7:00 p.m. He is having delayed lows at 2:00 a.m. on nights he plays soccer. His bedtime dose of Novolin® NPH is 9 units. How would you adjust the insulin?
 - A) Decrease the Novolin® NPH by 30 to 50%
 - B) Decrease the Novolin® NPH by 10 to 20%
 - C) Decrease the Novolin® NPH by 0 to 10%
 - D) Do not adjust the insulin