

Adult Activity CHALLENGE - PREPUMPER

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



- In the evening after supper, Jim decides to mow the lawn. Before going out, Jim's blood glucose is 5.3 mmol/L. How much carb should Jim have for 1 hour of mowing and raking his lawn?

 - 15 to 30 grams of CHO should be ingested
 - No carb, he just ate his supper
 - Check his blood glucose after mowing and before raking
 - A and C
- At bedtime, Jim's blood glucose was 8.5 mmol/L. He took his regular 25 units of Novolin® NPH at 2200 and went to bed. At 3:00 a.m. Jim woke up feeling sweaty, and his blood glucose was 3.8 mmol/L. What would you suggest Jim do next time he mows and rakes the lawn to prevent hypoglycemia?

 - Advise Jim not to mow and rake the lawn at the same time
 - Encourage Jim to reduce his nighttime NPH insulin by 10-30% of the dose
 - Check his blood glucose through the night (12:00 and 3:00 a.m.)
 - B and C
- Brad plans to go for a run after supper. He's new to running and is not sure what insulin or carbohydrate adjustments he should make to prevent low blood glucose. Brad uses a long-acting insulin at night and a rapid-acting insulin with breakfast, lunch, and supper. Brad is a good carbohydrate counter. What would you suggest?

 - Double his carbohydrate portions at supper
 - Decrease his carbohydrate portions at supper to half the amount
 - Reduce his supper time rapid-acting insulin by 20 to 50%
 - None of the above
- David omits his supper rapid- and night long-acting insulin on the two nights a week he plays gentleman's hockey. After a couple of weeks, he notices that his blood glucose levels tend to be high after the game and the next morning. What could he do to prevent these high readings?

 - Stop playing hockey
 - Reduce his supper rapid-acting insulin by only 50% instead of not taking it at all
 - Only reduce his night long-acting insulin by 50% instead of not taking it at all
 - B and C

(see other side)

5. Three times a week Elaine goes to the gym at 5:00 a.m. She doesn't like to eat breakfast before she goes. She takes rapid-acting insulin with each of her meals and uses a long-acting insulin before she goes to bed. What would be her best option?
- A) Eat 60 grams of carbs with no rapid-acting insulin
 - B) Drink 20 to 30 grams carb - smoothie or shake
 - C) Don't take long-acting insulin the night before gym days
 - D) Take $\frac{1}{2}$ of the rapid-acting insulin with breakfast
6. Jane goes to the gym almost every day at 6:00 a.m. but does not have breakfast until 8:00 a.m. What insulin adjustment should Jane make to prevent lows during/after exercise?
- A) She should not take her long-acting insulin the evening before she is planning to exercise
 - B) Reduce her long-acting insulin by 10 to 30% the evening before her early morning exercise
 - C) Reduce her rapid-acting supper insulin by 10 to 30% the evening before her early morning exercise
 - D) None of the above