PREPARING FOR THE PUMP

To be successful with a pump, it is important to be prepared. All older children with diabetes and all involved parents/caregivers need to be prepared prior to the insulin pump start.

The best time to book a pump start is when your day-to-day routine is not changing. Pump starts should be avoided during vacation, final exams, sports tournaments, parental absence, or times of excess exercise and stress.

NAME: ___________________________________  PUMP START DATE: ________________________

A) 1 TO 2 WEEKS BEFORE STARTING YOUR PUMP - BE PREPARED

**NUTRITION**

- Practice carbohydrate counting for all meals and snacks. Ask your diabetes dietitian for a copy of the carbohydrate challenge.
- Helpful carbohydrate counting resources:
  - *Beyond the Basics*. Available at: www.diabetes.ca (Canadian Diabetes Association website).
  - *The CalorieKing Calorie, Fat & Carbohydrate Counter*. Available at: www.calorieking.com.
  - *APPS*. Ask our diabetes dietitian for a list of approved APPS.
- Pre-pump Insulin-to-Carbohydrate worksheet must be completed for 7 days and forwarded to the Diabetes Centre 3 to 5 days prior to the pump start. **Due Date:** ________________________
- Practice reading food labels to determine the amount of carbohydrate per serving.

**ACTIVITY**

- Keep a record of your activity/exercise.

**PUMP OPERATION AND PRACTICE**

- View the pump instructional DVD/video and thoroughly review the manual that arrives with your pump.
- Take the pump out of the box and become comfortable pushing buttons and viewing different screens.
- Set the date and time on your pump.
- Practice basic pump programming online. Available at: www.animas.com/support/onetouch-ping-insulin-pump/how-to-use or www.pumpschool.minimed.com.
B) 1 TO 2 DAYS BEFORE STARTING YOUR PUMP

Contact Healthcare Team

- Call your Diabetes Centre 1 to 2 days before your pump start for instructions on giving bedtime insulin the night before the pump start day. For example, if taking long-acting insulin (Levemir® or Lantus®) at bedtime, the dose would usually be reduced by 50% the night prior to the pump start. If using Humulin® N or Novolin® NPH, no adjustment would be needed as this is gone by the morning.

C) PUMP START DAY

Arrive at the clinic _________________ Expect to be there most of the day.

What to Bring to the Appointment

- Insulin pump with batteries and operating manual.
- Rapid-acting insulin (vials).
- Specific pump supplies, including applicable reservoir, cartridge, or PDM and pods to hold the insulin.
- Infusion sets - included with your pump.
- Calculator.
- Blood glucose monitor and strips that link with your pump. Also, bring your current blood glucose monitor and its strips.

Other Considerations

- Continuous glucose monitoring is not started on the same day as the insulin pump start.

D) FIRST 2 WEEKS FOLLOWING THE PUMP START

Nutrition

- There will be no morning or afternoon snacks. (Low carbohydrate snacks may be included for younger children.) However, a bedtime snack is possible. Be sure to review your bedtime insulin-to-carbohydrate ratio with your diabetes health care team.
- Be consistent with eating regular meals, and choose foods with known carbohydrate amounts. If eating out, look for available nutrition guides to assist with carbohydrate counting. Do not guess at carbohydrate amounts.

Self-Monitoring of Blood Glucose

- Blood glucose testing will be required before and 2 hours after meals as well as overnight.
- It is essential to record blood glucose using the Insulin Pump Worksheet and Flow Sheet.

If you have any questions concerning the pump start process, please contact your Diabetes Centre nurse at: __________________________