PREPARING FOR THE PUMP

To be successful with a pump, it is important to be prepared.

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, 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 (carb) counting for all meals and snacks. Ask your diabetes dietitian for a copy of the Carbohydrate (Carb) Counting 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 carb 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. However, a bedtime snack is possible. Be sure to review your bedtime insulin-to-carb ratio with your diabetes health care team.
- Be consistent with eating regular meals, and choose foods with known carb. If eating out, look for available nutrition guides to assist with carb counting. Do not guess at carb 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 ____________________________.