



## Pump Pointers

Name \_\_\_\_\_ Date: \_\_\_\_\_

**Insertion:** Please refer to your User Guide specific to your pump to review how to insert:

I use \_\_\_\_\_ insulin in my pump and should **change my site** every \_\_\_\_\_ days.  
After that, my insulin loses its effectiveness and my blood glucose (BG) levels could increase.

### Tips

- Always allow a minimum of two **(2) hours** after insertion to check your BG level. If BG is high, see **Hyper /DKA protocol** on side two (2). **Never insert right before bed!**
- Wash your hands thoroughly before handling your pump supplies. Clean your site with alcohol, prep pads, antibacterial solutions, or just soap and water to avoid infections. **See Signs and Symptoms of Infection** below.
- When changing sites, make sure the new site tape does not overlap onto the old site to insure proper healing.
- If possible, change your infusion set before a meal. Your bolus insulin will help push the newly inserted tissue out of the cannula and help prevent it from “clogging.”



### Detaching from Pump:

It's okay to detach from your pump for **up to one (1) hour** without taking extra insulin. If you are going to be off of your pump for longer than one hour, you will need to take insulin by using manual injections of \_\_\_\_\_ or by reconnecting to your pump and taking a bolus. Insulin should be given approximately **every four (4) hours** (for example: during a day at the beach, playing extreme contact sports, etc).

**Always remove** (NOT just suspend) your pump prior to these events:

- When you are in the shower or swimming.
- Before you rewind your pump, change a site, or prime your pump.
- During certain medical procedures that use high electromagnetic fields: x-rays, MRI, CT scan.
- Before rides that cause extreme gravitational drops (for example: roller coasters)

### Diabetes Emergency Kit :

Although it is fairly uncommon, the pump can malfunction at times. Always keep a Diabetes Emergency Kit with you that contains the following. Some people use their meter cases as their emergency kit.

- ✓ Glucose tablets or a fast-acting carbohydrate.
- ✓ Rapid acting insulin (Apidra, Humalog, Novolog) and a syringe (you can also pull Insulin from your pump cartridge if necessary)
- ✓ Diabetes Identification
- ✓ Extra infusion set that can be manually inserted (Sure-T, Rapid-D, CLEO, etc).



### Signs and Symptoms of Infection:

- Redness, warmth
- swelling, drainage
- fever or chills
- itching, pain or discomfort
- unexplained hyperglycemia

**Note:** If you have reactions to the tape, there are different tape samples we can give you to try.

**The Diabetes Care Center carries emergency pump supplies at no charge for all pump brands.  
Call us at 719-473-7808 if you need an emergency supply.**



## TROUBLESHOOTING HIGHS AND LOWS

My Target Blood Glucose Levels: Before Meals: \_\_\_\_\_ to \_\_\_\_\_ After Meals: Below 160.

### Hyperglycemia/DKA Protocol:

**Hyperglycemia:** When your blood glucose (blood sugar) is higher than normal. Symptoms include fatigue, increased thirst, dry mouth, nausea, and loss of appetite.



When you are first learning insulin pumping, unexplained highs can often be related to your insertion technique, the infusion set, the reservoir, the pump, the site, or even your insulin. These issues occur less frequently as you become more comfortable with your pump. Below are a few troubleshooting techniques.

#### Things to Check first:

- ✓ Look for air bubbles in the tubing. If you see them, disconnect from the pump and purge (prime) them out before reconnecting.
- ✓ Make sure your infusion set is firmly “clicked” or locked into place.
- ✓ Look or feel around the site for signs of bleeding, lumps, insulin leakage, or infection (see **Signs and Symptoms of Infection** on page one (1). If you see these signs, change site immediately.
- ✓ Check your insulin’s expiration date. Did your insulin freeze or get overheated lately? If it has expired or been exposed to extreme temperatures, throw it away and fill a cartridge with fresh insulin. **Once opened, insulin can be stored at room temperature for up to 30 days.**
- ✓ Has your site been changed in the past 2-3 days? If not, change your site, tubing, and cartridge. Old tissue, blood, etc can clog the site and/or tunneling can occur.

**Once you have checked everything, take one correction bolus through your pump. Then recheck your BG again in 1 ½ hours. If your BG is still as high or higher, take a manual injection of \_\_\_\_\_ and change your site immediately!!!**

**TIP: Drink 8-12 oz. water (no substitutes) every hour to help dilute your high blood glucose levels.**

**DKA (diabetic ketoacidosis):** A serious medical condition that occurs when the body does not have enough insulin so it begins to burn fat for energy, which results in an acidic state. Symptoms can occur within hours and mimic the flu (excessive thirst, rapid breathing, abdominal pain, nausea, vomiting) but can result in coma or even death.

**If your BG is ever above 240 twice in a row** check for ketones with \_\_\_\_\_.

- If ketones are negative or small, drink water and correct with your \_\_\_\_\_ insulin.
- If ketones are moderate or high (large) correct with a manual injection immediately and hydrate!

**If your BG remains high after manual injections or you begin to vomit, immediately call your physician and go the nearest ER!**

### Hypoglycemia Protocol:

**Hypoglycemia:** When your blood glucose drops below normal (below 70s or 60s). Symptoms include cold sweat, headache, irritability, pounding of heart, nervousness, dizziness, numbness or tingling.

#### What to Do: The 15:15 Rule

- ✓ Eat or drink 15g of a fast carbohydrate (ex: 3 Glucose Tablets, ½ can regular soda, 8 oz. OJ)
- ✓ Wait 15 minutes and then recheck BG
- ✓ If BG is still under 70 eat or drink another 15g of fast carbohydrates and repeat steps



**If your BG is >300 or <60 at any time during your pump training please contact us at 719.473.7808 or \_\_\_\_\_.**