



10 Essential Habits for a Healthy and Happy Person on Insulin Pump Therapy

1. Bolus before eating for all meals and snacks.
2. Check BGL at least 4 times a day and overnight at 2am at least once a week.
Record all results in a diary.
 - Aim for BGL s between 3.5 – 8mmol/L.
If BGLs are usually over 6, then adjust your pump settings.
 - Aim for your HbA1c to be normal that is below 48 mmol/mol.
3. If your BGL is over 10mmol/L do the ABCC.
 - **A**ssess and make sure your pump, line, cannula and needle are working.
 - **B**olus
 - **C**heck your BGL after 2hr.
 - **C**hange your insulin needle, site, cartridge and line. If your BGL has not dropped by 4mmol/L.
4. Change your pump needle every two days and rotate the site you use.
5. Have three healthy meals each day. If snacks are needed, ensure they are small. Exercise daily and limit your “screen time” to less than 2 hours a day.
6. When possible before every meal an adult should check your BGL and bolus dose. This is to prevent accidental overdoses or missed doses.
7. Families should share the diabetes load and talk to each other and express their feelings in a positive way. Parents need to remain involved in diabetes care even for teenagers.
8. Treat hypos early.
 - Check your BGL and treat if less than 3.5mmol/L or you feel “hypo”.
 - Immediately take 150mL (1 exchange) fruit juice and rest.
 - If after 20 min you still feel “hypo” retest your BGL and retreat is needed.
 - Give Glucagon if a person is unable to drink or unconscious.
9. If you are sick change your insulin line and needle, test your BGL and ketones every two hours.
If you are vomiting:
 - Give sips of fruit juice diluted to one quarter of the usual strength.
 - Monitor BGL hourly.
If your BGL is low or you vomit more than three times or your blood ketones are more than 4mmol/L or you are worried, go to your hospital.
10. Visit your Diabetes Team regularly. See your Doctor every 3 months and Diabetes Educator, Dietitian and Social Worker at least once a year.