

# Getting Ready to Start Your Insulin Pump

This pamphlet will help you get ready to start using your new insulin pump.

**Appointment to start my pump: Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

## 1 to 2 weeks (7 to 14 days) before your appointment:

- **Learn about your insulin pump and how to use it:**
  - › Read the instructions that came with the pump.
  - › Put in the batteries or charge the pump. This will depend on what type of pump you have.
  - › Get comfortable pushing the buttons and looking at the different screens.
  - › Set the date and time.

## 1 to 2 days before your appointment:

**Get instructions from your diabetes health care team on:**

- ☐ Plan for long-acting insulin before your pump start appointment:

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- ☐ Plan for eating and rapid-acting insulin before your pump start appointment:

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## Appointment day:

- Please arrive at the Diabetes Centre on time. Give yourself extra time to find parking, if needed.
- You will be at the Clinic for about (length of time): \_\_\_\_\_
- **Bring these things with you:**
  - ☐ Your insulin pump and:
    - › Batteries for the pump or the charging cable
    - › The pump instruction manual
    - › Infusion sets that came with the pump (if needed)
  - ☐ Fast-acting insulin vials
  - ☐ The reservoir, cartridge, or Personal Diabetes Manager (PDM), and pods to hold insulin
  - ☐ Continuous glucose monitor (CGM) and/or blood glucose monitor and strips

## For 2 weeks after starting your insulin pump:

- Be consistent with eating regular meals. Make sure you know how many carbohydrates (carbs) are in each meal and snack.
  - › If you are eating at a restaurant, ask if they have nutrition information.
- You will be asked to share your insulin pump and glucose information with your diabetes health care team. You can do this by:
  - › Connecting your devices to the online website or app to share access with the diabetes health care team
  - or
  - › Downloading reports
- If you **do not** use a CGM, we will ask you to check your blood glucose and record the values.

Pump settings	
Pump total daily dose (TDD):	
Basal rate:	
Insulin-to-carb ratio (ICR):	
Insulin sensitivity factor (ISF):	
Active insulin time (AIT):	
Other:	

If you have any questions, please call the Diabetes Centre:

› Phone: \_\_\_\_\_

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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