Insulin Pump Therapy Starting Guidelines

Congratulations on your decision to start insulin pump therapy.

Before your pump start day
• Check all the contents of your pump box and make sure you have everything as indicated on the shipping list. Call the pump manufacturer with any problems.
• Review the user’s manual and watch or read the guide recommended.
• Confirm your pump start appointment date and time with your diabetes educator.
• Ask your educator when to take your last injection of long-acting insulin (refer to pump start orders).
• Continue to take injections of your rapid or short-acting insulin with meals and to correct high blood sugars (including the day of your pump start).
• Continue to check your blood sugar as directed by your educator.

Pump start day
• Check your blood sugar and eat your usual breakfast.
• Inject your dose of rapid or short-acting insulin to cover your breakfast and to correct any high blood sugar level.
• Be sure to wear comfortable, two-piece clothing for your pump start.
• Remember to bring with you a new, full vial of the rapid-acting insulin ordered for your pump.
• Bring your insulin pump and the following supplies:
  – Pump user’s manual or instructions
  – Pump batteries
  – Two or three cartridges/reservoirs
  – Two or three infusions sets and skin prep*
• Also bring your glucose meter, strips, lancets, etc. to test your blood sugar during your appointment.
• You should also carry some food (a snack) with you.

* Remember to bring more than one set of your sterile pump supplies – you might need a second try before you get a successful start.