

## Getting Ready for Your Pump Start Appointment

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

1. Please be prepared by reviewing your Orientation DVD, Owner's Booklet, and your workbook and practice with your pump, not attached to your body, by doing some basic programming. You will practice these skills again the day of your pump start appointment.

2. The night before your pump start appointment:

If you are using intermediate or long-acting insulin (NPH/Lantus®/Levemir®) take \_\_\_\_ units of insulin at \_\_\_\_\_ the night before your pump start appointment or check with your healthcare provider (HCP) or pump trainer for specific instructions.

3. The morning of your pump start appointment:

Take your short or rapid-acting insulin (Regular/Humalog®/NovoLog®/Apidra®) for your food and any high blood glucose (BG) readings. Check with your HCP for specific instructions on whether or not to take any intermediate or long-acting insulin the day of your pump start.

4. Eat your usual breakfast the morning of your pump start appointment. Remember to cover the carbs with short or rapid-acting insulin that your HCP has prescribed.

5. Bring these items with you the day of your pump start:

- (1) unopened vial of Humalog®, NovoLog®, or Apidra® insulin
- Insulin pump in its box, Owner's Booklet, (2) cartridges, (2) infusion sets and (2) IV Preps™
- BG meter, lancets, and test strips
- Alcohol swabs
- BG logs
- Glucose tablets or another treatment for hypoglycemia

6. Other items you need:

- Ketone test strips (for persons with type 1 diabetes or as directed by your HCP)
- Carb counting book
- Glucagon emergency kit

7. Additional Information (to be provided by your HCP):

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