

## 7.1 Practice Your Pump Skills BEFORE You Start

Complete as many of the practice steps below as you can. Check when done.  
Any programming you do can be changed later at your pump start.

### Preparation

- Insert or charge the battery.
- Set the date and the time.
- Fill a reservoir with saline or water and load the reservoir.
- Attach an infusion set to the reservoir and prime the infusion line.
- Wash your hands, then cleanse your skin with IV prep or other antiseptic.
- Insert an infusion set under your skin (or into a nearby fruit) by following the instructions that came with your infusion set.
- Place a two inch length of 1" tape across the infusion line.
- Suspend and reactivate the pump a couple of times.
- Change your default duration of insulin action (DIA) time to a new time between 4.5 to 6 hours.

### Program Your Pump

- Program a target glucose of 120 mg/dL (6.7 mmol/L) or a narrow target range of 100 mg/dL to 120 mg/dL (5.6 to 6.7 mmol/L).
- Program start times and basal rates for pretend basals: 0.6 u/hr at 12 am, 0.8 u/hr at 3:30 am, and 0.7 u/hr at 10 am. Check that your total basal equals 17.1 u.
- Program a CarbF (insulin-to-carb ratio) of 1 unit for each 12 grams of carb.
- Program a CorrF (or ISF) of 1 unit for 80 mg/dL (4.4 mmol/L) point drop.

### Practice Using Your Pump

- Give a carb bolus for 48 grams of carb (should equal 4 units). Deliver, then check how much BOB you have (should be 4 units).
- Give a correction bolus for 280 mg/dL (15.6 mmol/L). The pump subtracts your target of 120 from 280 to give 160 mg/dL (8.9 mmol/L) as your desired drop.  $160 \div 80 = 2$  units, but the recommended bolus should be 0 units if you have 4 units of BOB. (Just practice, not the normal way you would bolus.)
- Set a temporary basal rate at 80% of your usual rate for 4 hours, then cancel it.
- Review the pump's history – basal rates, boluses, alarms, and daily insulin totals. These have little data, but you want to know where this information is located.
- Get familiar with the list of alarms in your pump manual and any messages your pump may give and how to respond to them.