

## 1.11 Pump Tune-Up Checklist

Answer these questions to identify your current control issues. If you answer “Yes”, go to the next question. If “No”, review the chapters listed to the right for solutions.

| Check & Review   | Check if Yes             | If No, read:    |
|--|--------------------------|-----------------|
| <b>Overnight Basal</b><br>Can you go to bed with a reading of 90 to 120 mg/dl (5.0 to 6.7 mmol/L), eat little or no snack and wake up in the morning near that reading?  | <input type="checkbox"/> | Chapter 11      |
| <b>Daytime Basal</b><br>With a normal reading before a meal, can you skip eating, take no bolus and have your glucose rise or fall no more than 30 mg/dl (1.7 mmol/L)?   | <input type="checkbox"/> | Chapter 11      |
| <b>Carb Counting/Carb Bolus</b><br>Can you accurately count the carbs you eat and, with a relatively normal reading before a meal, cover them with a carb bolus so your glucose returns to your target 4 to 5 hours later? | <input type="checkbox"/> | Chapter 3 & 12  |
| <b>Correction Bolus</b><br>Can you take correction boluses for high readings and have your glucose return to your target 4 to 5 hours after the bolus without going low?   | <input type="checkbox"/> | Chapter 13      |
| <b>Bolus On Board/Insulin Stacking</b><br>When you give 2 or more boluses within 5 hours of each other, can you return to your target 4 to 5 hours later without going low?  | <input type="checkbox"/> | Chapter 8       |
| <b>Hypoglycemia</b><br>Are you able to avoid frequent lows, severe lows, and rebound highs?  | <input type="checkbox"/> | Chapter 19 & 20 |
| <b>Handling Highs</b><br>Can you avoid frequent highs and bring occasional highs down safely?  | <input type="checkbox"/> | Chapter 14 & 15 |
| <b>Exercise</b><br>Can you exercise with good readings before, during, and afterward?  | <input type="checkbox"/> | Chapter 22      |
| <b>No problems? Terrific! Check again later!</b>   |                          |                 |