

My Insulin Pump Backup Plan

Insulin pumps are very reliable, but problems can arise. It is important to have a backup plan in case your pump stops working.

If your pump fails, it cannot deliver the insulin you need. You must give your insulin by injection until you can get a new pump. Read this handout to know what to do.

Be prepared!

- ✓ Have long-acting (basal) insulin in your fridge. Check the expiry date regularly. Replace opened vials after 28 days.
- ✓ Have supplies (syringes or insulin pen and needles) available to inject basal insulin and rapid-acting insulin.
- ✓ Have a copy of your pump settings:
 - Blood glucose targets
 - Basal rates
 - Carb ratio (carbohydrate to insulin ratio)
 - Correction factor

When your pump is not working:

- Call the pump company customer service phone number (or the helpline) to report the pump failure. Find out when a new pump can be delivered.
- Stop the pump and disconnect the tubing and infusion set.
- Start your backup plan, depending on how long you expect to be off the pump.

Important! You may not have received any basal insulin for some time before you became aware that your pump was not working.



If you will be off the pump less than 3 hours:

1. Check your blood sugar.
2. If your blood sugar is above your blood sugar target, inject rapid-acting insulin according to your correction factor.
3. If you have a meal, inject rapid-acting insulin according to your carb ratio.

If you will be off the pump more than 3 hours:

1. Check your blood sugar every 4 hours.
2. Add up the basal insulin that will be missed for the next 4 hours.
3. Then inject the amount of rapid acting insulin equal to the amount of basal insulin you will miss. Repeat this process every 4 hours until you restart on a new pump.
4. If your blood sugar is above your blood sugar target, inject rapid-acting insulin according to your correction factor.
5. With each meal, inject rapid-acting insulin according to your carb ratio.
6. If you will be off the pump overnight or more than one day and you **DO NOT HAVE long acting insulin:** set an alarm to check your blood sugar and take the rapid-acting insulin every 4 hours overnight.

If you will be off the pump overnight or more than 1 day and you have long-acting insulin:

1. Check your blood sugar every 4 hours.
2. Using your basal rates, calculate your 24-hour total basal insulin.
3. Inject an amount of long-acting insulin that is equal to your 24-hour total basal insulin at bedtime as one dose or divide into two doses (inject half in the morning and half at bedtime).
4. If your blood sugar is above your blood sugar target, inject rapid-acting insulin according to your correction factor.
5. With each meal, inject rapid-acting insulin according to your carb ratio.

**Follow your backup plan to stay safe until you start on your new pump.
If you have questions or concerns, call your Diabetes Team.**

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