

# time off the pump

**There may be times when you need to come off your pump. These may include:**

- pump malfunction
- if your pump is lost, stolen or damaged
- during diagnostic tests or hospitalizations
- during planned breaks from the pump

**\*If your pump is not delivering insulin, you will need to give insulin by injection to prevent ketoacidosis \***

## **1 | troubleshoot problems**

You may be able to avoid unwanted time off your pump by troubleshooting with the technical support team from your pump company. A replacement pump may be needed.

## **2 | plan ahead**

If you know you are going to need time off your pump, speak to your diabetes educator.

## **3 | test blood sugars more often**

You will need to test your blood sugars more frequently in order to prevent hypoglycemia or hyperglycemia.

## **4 | know your pump settings**

Keep a copy of your most recent pump settings. This will be necessary in order for you to input your settings into a loaner or replacement pump, or help to calculate your insulin dose for injections if needed.

## **time off the pump guidelines:**

**less than 1 hour:** No additional insulin is needed if your blood sugar is within target. If the blood sugar is high, give a correction bolus before disconnecting. Take rapid insulin for any carbs you eat while disconnected.

**1-5 hours:** Take 80% of the basal insulin to be missed either with a bolus before disconnecting or an injection of rapid insulin. Cover any carbs you eat by reconnecting and bolusing or injecting rapid insulin.

**more than 5 hours:** Continue to inject rapid insulin to cover the basal insulin missed from the pump every 4 hours. In addition, inject rapid insulin to cover any meal carbs. Consider your activity level for the next few hours as this may help you decide what percentage of your basal insulin you want to inject prior to disconnecting from the pump.

**more than 12 hours:** You will need to return to an MDI regimen. Meet with your endocrinologist to determine your insulin dose and get a prescription for long acting insulin.

## **transitioning off or on to your pump:**

### **going off the pump:**

1. Plan to stop the pump around dinner time
2. Bolus for dinner and disconnect your pump
3. Inject your prescribed dose of long acting insulin
4. Continue to inject long acting insulin at the same time each night until you go back on your pump

### **going back on the pump:**

1. Plan to restart the pump in the morning
2. Restart your pump using your previous pump settings
3. Initially, you may need to run a temporary basal rate for a period of time to prevent hypoglycemia

Whether you are transitioning off or back on to your pump, you will need to check your blood sugar more frequently to avoid hyper or hypoglycemia.