

# Time off the Pump



## TIME OFF:

## TRY THIS:

### Less than 1 hour

Do nothing if blood glucose is within acceptable range. Bolus or inject rapid insulin as per your insulin to carbohydrate ratio if carbohydrates will be eaten or use your correction factor if your blood glucose is high before disconnecting.

### 1-5 hours

Cover 80% of the basal insulin during your time off the pump. This can be given as a bolus through your pump prior to disconnecting or as an injection of rapid insulin. If you are going to eat or your glucose is high, give insulin by reconnecting to your pump or by an injection of insulin using your insulin to carbohydrate ratio and/or your correction factor.

### More than 5 hours or overnight

Every 4 to 5 hours, replace 80% of the basal insulin with an injection of rapid insulin. Use your insulin to carbohydrate ratio for any carbohydrates eaten and use your correction factor as needed to lower your glucose level to target. For overnight basal coverage, an alternative to injecting rapid insulin every 4 to 5 hours is to take long acting insulin at bedtime equal to the next 12 hours of basal insulin.

### Longer than a day

Determine your average total daily dose (TDD) from your pump history. Give  $\frac{1}{2}$  of the average TDD in one or two injections of long acting insulin per day. Give injections of rapid insulin to cover carbohydrate and correction doses, using your insulin to carbohydrate ratios and correction factor.

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