

Title: Insulin Pump: Is it the right choice for you?

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**Abstract:** Type 1 diabetic patients with poor glycemic control experience some improvement in hemoglobin A1c by using the insulin pump. There is also a reduction in the total insulin required per day. There is no difference in the episodes of hypoglycemia or diabetic ketoacidosis. However, patients must be willing to learn how to use the pump, be able to pay for the pump and determine if the insulin pump is better for their lifestyle.

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## Who is a Good Candidate?

- A person who can adjust their dose of insulin for different activities and foods
- Someone who is able and willing to learn how to program and use the insulin pump
- People who follow their insulin schedule and closely track their blood sugars
- Someone who can troubleshoot the insulin pump and program their insulin levels
- A person who regularly meets with their health care team
- People who are able to pay for the insulin pump



## More Questions?

If you need more information please contact your doctor. Your doctor can give you more information or refer you to a diabetes educator.

## Other Resources

American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

National Diabetes Education Program

[www.ndep.nih.gov](http://www.ndep.nih.gov)

National Diabetes Information Clearinghouse

<http://diabetes.niddk.nih.gov>

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## Insulin Pump

Is it the Right Choice for You?



An insulin pump can worn discretely under clothing as it administers insulin to the diabet



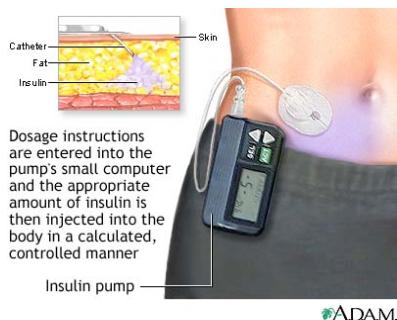
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# Is the Insulin Pump Right for You?

An insulin pump is about the size of a deck of cards or a pager. It clips on to your pants. Flexible plastic tubing is inserted under the skin of the stomach. This tubing is connected to the pump.

The pump is filled with fast-acting insulin that is supplied all day in small amounts. Larger amounts of insulin are delivered with meals as programmed by the user.

You still need to check your blood sugars often. Then you must adjust the amount of insulin dosed as needed.



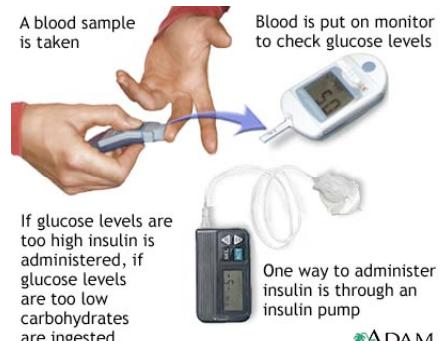
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## Advantages

- No more insulin injections
- Delivers an accurate amount of insulin
- More flexibility and you don't need to eat meals at scheduled times
- Some patients may get better control of their blood sugars

## Disadvantages

- Expensive
- Quickly develop high blood sugars if tubing kinks, run out of insulin, or take off the insulin pump
- Tubing under the skin must be changed every 3-4 days
- Some people do not like the look of being connected to a machine



## Does the Insulin Pump Improve Blood Sugar Control?

- Insulin pumps and daily insulin injections both control blood sugars
- New studies show that the insulin pump may be better for people with poorer blood sugar control
- The insulin pump may reduce your total dose of insulin per day
- You must choose if the insulin pump is right for you

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[www.nlm.nih.gov](http://www.nlm.nih.gov)