# My Diabetes Plan
# (Baseline Doses) – New to Insulin Pump

**Name:** _____

| | Bolus Insulin (Take insulin 5 to 10 minutes before eating) | | | | | | | Basal Rates (Total units per day _____) | |
|---|---|---|---|---|---|---|---|---|---|
| | B | am | L | pm | D | Bed | Total | Time of Day | Units per Hour |
| Carbohydrate goal (g) | | | | | | | | 12:00 am | _____ u/h |
| Insulin to carbohydrate ratio (unit per g) | | | | | | | | _____ | _____ u/h |
| | | | | | | | | _____ | _____ u/h |
| Baseline meal dose (units) | | | | | | | | _____ | _____ u/h |
| | | | | | | | | _____ | _____ u/h |
| | | | | | | | | _____ | _____ u/h |

**Insulin Action Time: 4 hours**

**Correction Factor:** 1 unit of bolus insulin will lower

blood sugar by _____ mmol/L

**Target blood sugar before your meal:** _____ mmol/L

**Summary:**

   **Bolus:** _____
    **+**
   **Basal:** _____

= **Total Daily Dose (TDD)**
_____ units

☐ **On the evening before your pump start, take _____ units of _____ insulin.**

**Pump day:**
☐ **On the morning of your pump start, take _____ units of _____ insulin.**
☐ **Take your usual dose of rapid-acting insulin with your breakfast.**
☐ **Bring the following to your pump start appointment:**
- **insulin pump and entire contents of box**
- **vial of rapid-acting insulin**

# Your Baseline Pump Settings

## How to determine your new Pump Total Daily Dose (TDD)

1. Add up all of the units of insulin you are taking (both basal and bolus) to determine your Current Total Daily Dose (TDD).

   _____units of Basal Insulin  +  _____ units of Bolus Insulin = _____Current TDD

2. Reduce TDD by 20% to 25%.
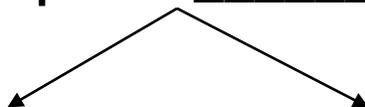   Current TDD  x  0.75  /  0.80  = _____ Pump TDD
   (circle one)

3. Your Pump TDD  = _____ units/day

## New Pump TDD _____units/day

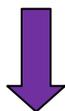| Basal Insulin | Bolus Insulin |
|---|---|
| Half (50%) of Pump TDD for basal insulin<br>= _____ units | Half (50%) of Pump TDD for bolus insulin<br>= _____ units **   (A) |
| | Average number of grams of carbohydrate eaten in a day<br>= _____ grams of carbohydrate   (B) |
| Divide basal insulin units by 24 hours<br>= _____ units / hour | Divide $\dfrac{B}{A}$ = \boxed{\phantom{___}} |
| **Your initial basal rates:**<br>12 am at _____ units / hour<br> 3 am at _____ units / hour<br> 8 am at _____ units / hour | = **Your insulin to carbohydrate ratio:**<br>   1 unit for every _____ grams<br>   of carbohydrate |