

Patient information

Coming Off Your Insulin Pump for Holidays

Diabetes and Endocrinology Department

Preparing to come off your Insulin Pump

If you would like to come off your insulin pump for your holiday there are a few steps you need to take to make sure that this is done safely.

We would suggest you prepare to come off your pump at least five days before your holiday.

You will need to make sure you have a supply of your fast acting and basal insulin (Levemir or Lantus is preferable) as well as a supply of insulin pen needles. Please make sure your insulin is in date by checking the expiry date.

Before coming off your pump you will need to know the following:

- The total amount of basal insulin in a day.
- The average total daily dose of insulin in a day.
- Your insulin to carbohydrate ratio.
- Your correction dose.

Calculating the dose of Levemir or Lantus insulin

Your basal dose of insulin should be the amount of your total basal dose (this is not the same as the total daily dose which is the total basal dose PLUS the total amount of insulin given as boluses). This information is stored in your insulin pump.

For example if your total basal insulin dose over 24 hours is 30 units then your basal dose of Levemir or Lantus is 30 units.

When switching on from Insulin pump to pens, please kindly add on a conservative 10% on top of your **total basal dose**.

How to come off your Insulin Pump

We suggest that you disconnect your insulin pump in the morning.

This will allow time to monitor your blood glucose levels closely and to correct any high blood glucose levels. You need to check your ketones if your blood glucose level is greater than 13 mmol/L.

Once you have given your dose of Levemir or Lantus we would advise that you leave your pump on for at least two to three hours after you have given your Levemir or Lantus, after which you can stop your pump.

You can give your fast acting insulin with meals as usual using your insulin to carbohydrate ratio. During the next few days you will need to monitor your blood glucose levels regularly. You may need to correct any high blood glucose levels using your correction dose.

Going back on your Insulin Pump

We would advise that you go back on your pump in the morning time to allow for any trouble shooting and monitoring of your blood glucose levels.

You would have taken your dose of Levemir or Lantus the morning before.

When you restart back on your pump please check all your settings and monitor your blood glucose levels regularly.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any questions please contact:

The Diabetes Centre

Aintree Hospital

Lower Lane Liverpool

L9 7al

Telephone number: 0151 529 4876

Text phone number: 18001 0151 529 4876

Author: Diabetes and Endocrinology Department

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