

Emergency Guide: Switching Back to Insulin Injections

If you need to stop using your insulin pump, follow these steps to safely return to injections.

Record Your Pump Settings

Always keep a written copy of your current pump settings. You'll need:

-  Total daily basal insulin dose
-  Insulin-to-carbohydrate ratio
-  Correction factor (insulin sensitivity)

Calculate Your Background (Basal) Dose

Use your total daily basal insulin amount.

- **Using Lantus:** Take the full daily basal dose once a day.

Calculate Your Mealtime (Bolus) Dose

Use your insulin-to-carb ratio to calculate how much insulin to take with food.

Example:

- Ratio: 1 unit per 20g of carbs
- Meal: 80g of carbs
- Calculation: $80 \div 20 = 4$ **units of insulin**

Add a Correction Dose (if needed)

Use your insulin sensitivity factor to correct high blood sugar.

Example:

- Sensitivity: 1 unit lowers glucose by 2 mmol/L
- Current blood glucose: 10.3 mmol/L
- Target: 6 mmol/L
- Difference: $10.3 - 6 = 4.3$ mmol/L
- Calculation: $4.3 \div 2 = 2$ **units of insulin**

Keep this guide with your diabetes supplies for quick access during emergencies