

WakeMed Pediatric Diabetes and Endocrinology Center Insulin Pump Program

Are you ready for a pump? It is important for you to understand what to expect prior to beginning. You will need to attend several classes and will have "homework" to complete between visits. From start to finish, the process of getting you on a pump takes about 4 – 6 weeks on average, with additional follow-up both with center clinicians needed over the next few months of pump therapy.

The cost for insulin pump education is included in the cost of your insulin pump. Our staff of Certified Diabetes Educators are trained on all pumps available on the market at this time.

You must have taken "Food for Thought (carb counting) class and "Taking Charge" (pattern management) class before registering for Intro to Pump class.

VISIT 1 – INTRO TO PUMP (1 ½ HOUR)

At this visit, you will learn the risks and benefits of pump therapy, the basics of pump therapy and get information on all the available pumps on the market. Pumps and infusion sets will be available at this session for you to "play with". You will need to select a pump company to work with and we will work with you, the pump company, and your insurance company to begin the process of ordering your pump.

Home work: Research pumps and choose the one best for you. Once your pump arrives, open the box and complete the pump instructional DVD.

VISIT 2 – SALINE START (2 HOURS)

This visit is scheduled when your pump comes in. You will bring your pump to this visit and we will train you in how to operate your pump's basic features, to fill a reservoir and insert the infusion set. You will wear the pump home with saline in it and practice using it over the next week. While you will continue to give shots for insulin needs, you will also program appropriate insulin doses into the pump as if it were really pumping insulin.

Homework: Practice! Give boluses for all meals and get comfortable pushing buttons. Get very familiar with user manual.

VISIT 3 – INSULIN PUMP START (1 - 2 HOURS)

At this visit you will be started on your insulin pump with insulin. You will be scheduled in the morning and will be with us for 1 – 2 hours. You will be discharged with a log sheet to fill in blood sugar/carbohydrate/ and bolus insulin amounts. Results will be either faxed or phoned to the center clinicians for follow-up and adjustments in the next 1 – 2 days.

Homework: Log all blood sugars and bolus doses and fax to center clinician for adjustment.

VISIT 4 – OPTIMAL PUMPING (1 ½ HOURS)

One to three months after starting your pump, you will return for this group class to be instructed in the use of advanced features on the pump. You will learn how to test your basal rate and bolus dose and get some information on advanced carb counting for pumping.

Homework: Keep on pumping! Try an advanced feature.

FOR INFORMATION OR SCHEDULING, PLEASE CALL US AT (919) 350-7584