



INSULIN PUMP BASAL

To challenge your basal rate you need to divide your day into 4 segments that need to be evaluated:

- 1. Overnight**
- 2. Breakfast to Lunch**
- 3. Lunch to Dinner**
- 4. Dinner to bedtime**

You will need to start your challenge at least 3 to 4 hours after your last bolus and food intake. You need to check her blood sugars every 1 to 2 hours during the challenge period. Your blood sugars should stay within 30 mg/dl of the original check. You should not give any insulin to correct your sugars during the testing interval. If you drop low, you can eat 15 grams of carbohydrate to correct and recheck to assure your levels are improved and staying steady.

So for example if you are testing the breakfast to lunch slot: first check should be fasting when you get up. You should then check every 1 to 2 hours and not eat or bolus until lunch time.

If you are testing the lunch to supper slot: You should start to test at least 3 to 4 hours after eating/ food (breakfast). You should then not eat or bolus any additional insulin and check her sugars every 1 to 2 hours until supper.

You should probably test different segments on different days. Overnight you can extend your monitoring to every 2 to 3 hours.

Also check at 12 MN and 3 AM on several days. Make sure those days that the checks are done at this time, you avoid a bedtime snack.

Again if your blood sugar is too low or too high, do not perform the fast through that time period.