

# Pump Therapy FAQ

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## What are the advantages of pump therapy?

- Reduced variations in your blood sugar levels by more exact matching of insulin to your individual needs
- Not having to take insulin injections at a set time of day
- Greater flexibility in meal timing and food choices
- Reduced frequency and severity of hypoglycemia

## Will my diabetes be better controlled?

- This is very likely, since it will be easier to match your insulin to your body's needs.

## Is it surgically implanted?

- No. The pump is a small beeper-sized computer. Insulin is delivered through a flexible tube attached to a catheter that is placed just beneath your skin, usually on your stomach. You will change the site every 2-3 days.

## Can I ever take the pump off?

- The pump easily disconnects. You can take it off for short periods of time. If you want to take it off for a longer period of time, you will have to take insulin injections during the time the pump is disconnected.

## Will I gain weight on the pump?

- Because your total daily dose of insulin is often less on pump therapy than on injection therapy, this can help decrease weight gain or promote weight loss. This is due to the reduction in low blood sugars so you do not have to feed your insulin, and an increased freedom to be active.
- Greater flexibility in meal times and food choices with the pump can allow you to manage your weight more easily than on injection therapy.

## Who will teach me how to use the pump?

- A certified pump trainer will teach you the technical aspects of the pump. Your pump trainer or diabetes educator will assist you with all the diabetes self-management skills necessary to use the pump. Initially you will have continuous support to ensure you are safe and successful. The pump manufacturer also has a 24-hour help line for you to use whenever you have questions.