

# NOW WHAT if I'm thinking about getting an insulin pump?

An insulin pump can facilitate the management of blood sugars for people with diabetes. Check out the information below to help you decide if an insulin pump is a better option.

**FACTS FIRST:** An insulin pump is a battery-operated device that delivers doses of insulin on a pre-programmed schedule. Insulin pumps can save you the hassle of calculating doses by entering your current blood sugar and carbohydrates you will consume throughout the day. Insulin pumps can also provide discreet care. Decide if an insulin pump is for you by considering:

Your lifestyle

The features of an insulin pump

Your healthcare provider's recommendations

## ACT ON THE FACTS:

**YOUR LIFESTYLE.** Using a pump is a personal choice.

**WHAT TO DO?** An insulin pump is best if you experience delays in food absorption, don't want to inject yourself in front of others, feel tired of injecting yourself, are active and want to pause insulin doses when exercising, have severe reactions to low blood sugar, or are planning to get pregnant.

**THE FEATURES OF AN INSULIN PUMP.** Insulin pumps still require assistance, such as blood sugar monitoring, setup, and carb counting.

**WHAT TO DO?** Continue to monitor your blood sugar through finger sticks unless you use a pump that communicates with your Continuous Glucose Monitor. An insulin pump requires setting it up, putting it in, and interacting with it, which can sometimes be complicated. Insulin pumps are discreet but having an insulin pump attached to your skin may take some time to get used to. Counting carbs should be a part of your diabetes management, and is crucial when using an insulin pump.

**YOUR HEALTHCARE PROVIDER'S RECOMMENDATIONS.** Your healthcare provider will be able to help you decide if an insulin pump is an option.

**WHAT TO DO?** Talk to your healthcare provider to see what pump works best for you. There are many types of insulin pumps on the market, and finding the right option is key to helping you on your diabetes journey. The choice is based on what you think will help improve and facilitate your diabetes management.



How would switching to an insulin pump benefit you?



How do you feel about counting carbs?

**YOU'RE NOT ALONE!**



For more information on how to manage your diabetes, visit:

[EPDIABETES.ORG/NOW-WHAT/](https://EPDIABETES.ORG/NOW-WHAT/)