

# Standing Orders for Insulin Pump Adjustments

SIGNED ORDER VALID FOR 6 MONTHS

Patient Name: \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_

Doctor Name: \_\_\_\_\_ Doctor Signature: \_\_\_\_\_

## Communication Requirements:

The patient will be instructed to report by downloading insulin pump/CGM every 3 to 14 days based on patient's individual need.

The patient is instructed to monitor blood glucose at the following times:

- fasting
- before meals
- 2 hours after meals
- bedtime

\* Frequency of testing may decrease to fasting, pre-prandial and at bedtime when basal rates are established and tested.

\* Patient is instructed to check urine/blood for ketones when two consecutive readings are over 250 mg/dL (type 1).

## Target Blood Glucose:

\* The following initial glucose targets will be established, unless otherwise specified by healthcare provider. Individualized targets may also be established due to patient current tolerance level of glucose.

	Before meal	Bedtime/overnight
Adolescents and young adults (13 -19 years of age)	90-130mg/dL	100-180mg/dl
<i>Healthcare provider blood glucose targets if different from above</i>		

	Before meal	2 HR PP	Bedtime
Adolescents and young adults (13 -19 years of age)	80-130mg/dL	100-140mg/dl	100-140mg/dl
<i>Healthcare provider blood glucose targets if different from above</i>			

Instructions for adjustments to pump settings:

- \* IF nocturnal, fasting/pre-meal or HS BG > target increase basal 10 to 20%
- \* IF nocturnal, fasting/pre-meal or HS BG < target decrease basal by 10 to 20%
- \* IF post-meal BG >60mg/dL above pre-meal BG, decrease carb ratio by 10 to 20%
- \* IF post-meal BG <30mg/dL above pre-meal BG, increase carb ratio by 10 to 20%
- \*\* Elevated BG: Verify trends 2-3 days before adjusting
- \*\* Low BG: consider immediate adjustment

\* Patient is instructed to check urine/blood for ketones when two consecutive readings are over 250 mg/dL (type 1).

The initial education will include the following areas: Insulin action times, site selection and rotation, BG targets, Meal-time Bolus/BG Correction Bolus/Long Acting Insulin, sick day guidelines. Patients will be instructed regarding signs and symptoms of hypo and hyperglycemia. If hypoglycemic, patient will check blood glucose level, consume 15mg of carbohydrate, wait 15 minutes then recheck blood glucose level again and retreat if necessary. The patient may be instructed to maintain a food log. When patient reports BG on average meeting the above stated target BG greater than 90% adjustment period will end.

Updated October 2020