

12 REQUIRED STEPS TO A SUCCESSFUL INSULIN PUMP START PARADIGM INSULIN PUMP

- Attend Pump Preparation class (required) at the BDC. This class can be scheduled through your doctor or nurse.
- New pumpers must do your 3 day food records and fax to one of the dietitians at least a week before your training (required). If this has not been done, you will not be permitted to attend the training.
- Call the BDC scheduling line to schedule your Saline Start, Insulin Start and Advanced Pump Trainings. If you have a Continuous Glucose Monitor, choose a class for the CGM from this website that is at least 2 weeks after your Insulin Start Training. Call 303-594-3746 to schedule CGM trainings.
- Go to www.pumpschoolonline.com and complete the online tutorial for the Medtronic Paradigm insulin pump. Print out the certificate at the end of the tutorial. **YOU MUST BRING THIS TO YOUR FIRST TRAINING OR YOU WILL BE RESCHEDULED.** Practice the functions covered on the tutorial with your actual insulin pump. Each person operating the pump during the training is required to have a certificate showing completion of Pump School Online.
- Read the pump chapter in the Pink Panther.
- Be able to perform these basic functions:
 - a. Program the Bolus Wizard
 - b. Normal bolus via Bolus Wizard
 - c. Put the pump into Suspend
 - d. Take the pump from Suspend back into Run
 - e. Program a Basal Rate
 - f. Program a Temporary Basal Rate
- Program these functions **BEFORE** your training:
 - 1) Time and Date (if you get a Check Settings alarm, press ESC and ACT to clear). This is in the Utilities Menu.
 - 2) Program your Max Bolus for the largest amount of short acting insulin you've ever taken at one time. This is in the Bolus Menu.
 - 3) Turn the Bolus Wizard – ON. This is in the Bolus Menu.
- Bring the answers to these questions to your training:
 - 1) What is the largest amount of short acting insulin you've ever taken at one time?
 - 2) Count the hours between your last normal eating time of the day and your first.
 - 3) How many units of both short and long acting insulin do you use each day?
- Visit this website to learn about Infusion Sets.
<http://www.medtronicdiabetes.com/help/insulinpumps/index.html#tutorial%3Chttp://www.medtronicdiabetes.com/help/insulinpumps/index.html>

- Go to Medtronicdiabetes.com, click on CareLink and register for the free CareLink web-based software and CareLink USB stick to allow you to upload your pump data.
- Choose the belt clip that you would like to use and attach that to your pump.
- Bring to your training:
 - 1) Your pump box that has your pump inside of it.
 - 2) Your online tutorial Certificate of Completion
 - 3) Three Infusion sets
 - 4) Three Cartridges
 - 5) The QuickSerter used for the QuickSet Infusion Set (if you did not receive a QuickSerter and you have QuickSets, please order this asap).
 - 6) Three IV Preps or alcohol swabs
 - 7) Insulin (if it is an insulin start, I will have the saline for saline starts)
 - 8) Blood glucose meter and snacks
 - 9) Your User's Guide
 - 10) \$4 cash for parking