

Reverting back to MDI injections

Conversion from insulin pump therapy to
multiple daily dose injections

Patient Information

Paediatric Diabetes Service



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

Author ID: LS/CB
Leaflet ref: CH 067
Version: 3
Leaflet title: Reverting back to MDI injections
Last review: October 2022
Expiry Date: October 2024



Information for children, young people, parents and carers

This leaflet is only to be used for insulin pump patients as required. You/ your child may need to revert to insulin injections for a period of time; for example in the event of pump failure, pump break or for a holiday.

It is very important that:

1. You have / your child has a written record of your / their total daily basal insulin dose.
2. You know your / your child's insulin carbohydrate ratio; i.e. how much insulin is required for carbohydrate food.
3. You know your / your child's insulin sensitivity factor; i.e. how much insulin is required to correct high blood glucose levels.

How to calculate your long acting insulin dose

1. Find your/ your child's total daily **basal** dose of insulin from the memory of the pump or most recent clinic letter. Your nurse can help you find the memory of the pump if required, or you can refer to the pump manual / 24 hours pump company help line.
2. Add 10% to the total daily **basal** dose, and this will be the long acting insulin dose required, e.g. Levemir®, Lantus® or Tresiba®.
3. You/ your child will require rapid acting insulin for boluses with food and corrections e.g. Novorapid®, Humalog® or Apidra®. Use the usual insulin to carbohydrate ratio (ICR) for food, and insulin sensitivity factor (ISF) for correction doses.

Example:

- Average total daily basal insulin dose via the insulin pump is 20 units and add 10%, therefore $20 \text{ units} + 2 \text{ units} = 22 \text{ units}$ of Levemir®, Lantus® or Tresiba® required using an insulin pen.
- Give rapid acting insulin (Novorapid ®, Humalog® or Apidra ®) for carbohydrate as per insulin usual carbohydrate ratio and correction doses as per usual insulin sensitivity factor, using an insulin pen.

This formula provides a starting dose; further adjustments may be necessary depending on blood glucose levels. Remember to always have a supply of rapid acting and long acting insulin and insulin pens that can be used in the event of a problem with the pump. Ensure that your/ your child's insulins have not passed their expiry dates.

Who to contact for further help or advice

Do not rely on this leaflet alone for information about your child's treatment.

If you require any further information, please telephone 01942 483598 or 01942 822188 and ask for your Diabetes Nurse Specialist.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust.
All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Call 111 first when it's less urgent than 999.



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2021

Proudly serving those who serve.

Phone: 0808 802 1212

Text: 81212

www.veteransgateway.org.uk

