

# Insulin & Lifestyle 101



POD UNIVERSITY™

Every day is different. Everyone is different. Choosing how to deliver your insulin is a personal choice. Which device fits your life: insulin pen, insulin pump or Pod?

## Insulin Delivery Device

### Lifestyle Considerations







	Multiple Daily Injections	Insulin Pump Therapy <sup>1</sup>	Pod Therapy <sup>1</sup>
What will you need to carry?	<ul style="list-style-type: none"> <li>• Insulin pen</li> <li>• Alcohol swabs</li> <li>• Blood glucose meter</li> <li>• Test strips</li> <li>• Lancing device/lancets</li> </ul>	<ul style="list-style-type: none"> <li>• Insulin pump (connected to infusion set by tubing)</li> <li>• Blood glucose meter</li> <li>• Test strips</li> <li>• Lancing device/lancets</li> </ul>	<ul style="list-style-type: none"> <li>• Personal diabetes manager (PDM) (Pod is attached to body directly)</li> <li>• Blood glucose meter</li> <li>• Test strips</li> <li>• Lancing device/lancets</li> </ul>
Where to carry it?	<ul style="list-style-type: none"> <li>• Supplies are commonly carried in pockets or in a carry case.</li> </ul>	<ul style="list-style-type: none"> <li>• Insulin pump is commonly clipped to a belt or pocket.</li> <li>• Insulin pump is connected to infusion set by tubing.</li> <li>• All other supplies are carried in a separate carry case.</li> </ul>	<ul style="list-style-type: none"> <li>• Pod is worn on the body with no attachment to PDM.</li> <li>• Pod will deliver basal insulin regardless of PDM location once programmed.</li> <li>• PDM is commonly carried in a separate carry case with all other supplies.</li> </ul>
Considerations	<ul style="list-style-type: none"> <li>• No bolus calculator</li> <li>• No ability to adjust basal throughout the day</li> <li>• No mechanical device to maintain</li> <li>• No wardrobe considerations</li> <li>• Nothing to remove for water or intense activity</li> <li>• 4-6+ injections required per day</li> <li>• Must plan when/where to inject insulin</li> <li>• Cost/insurance coverage</li> </ul>	<ul style="list-style-type: none"> <li>• Bolus calculator</li> <li>• Ability to adjust basal insulin to match your body's needs</li> <li>• Must manage tubing</li> <li>• Need to disconnect for certain occasions</li> <li>• Insulin pump required to be near infusion site</li> <li>• Possible mechanical issues</li> <li>• Cost/insurance coverage</li> </ul>	<ul style="list-style-type: none"> <li>• Bolus calculator</li> <li>• Ability to adjust basal insulin to match your body's needs</li> <li>• No tubing to manage</li> <li>• No need to disconnect until site change</li> <li>• Pod is concealed under clothing</li> <li>• Possible mechanical issues</li> <li>• Cost/insurance coverage</li> </ul>

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### Blood Glucose (BG) Management Considerations

	Multiple Daily Injections	Insulin Pump Therapy <sup>1</sup>	Pod Therapy <sup>1</sup>
<b>ILLNESS</b>  Most common: BGs rise Sometimes BGs go low <sup>1</sup>	<ul style="list-style-type: none"> <li>Basal insulin is hard to adjust for short term illness, but it may be adjusted for extended illness.</li> <li>Bolus insulin may be adjusted with more frequent injections.</li> </ul>	<ul style="list-style-type: none"> <li>Use the temporary basal feature to temporarily increase or decrease your basal insulin.</li> <li>Bolus insulin may be adjusted without extra injections.</li> </ul>	
<b>STRESS</b>  Most common: BGs rise <sup>1</sup>	<ul style="list-style-type: none"> <li>Basal insulin is hard to adjust for short term stress, but it can be adjusted for extended stress.</li> <li>Bolus insulin may be adjusted with more frequent injections.</li> </ul>	<ul style="list-style-type: none"> <li>Use the temporary basal feature to temporarily increase your basal insulin.</li> <li>Bolus insulin may be adjusted without extra injections.</li> </ul>	
<b>ACTIVITY</b>  Most common: BGs go low <sup>1</sup>	<ul style="list-style-type: none"> <li>Basal insulin is hard to adjust for activity. You may need to snack or adjust your boluses to help prevent low BGs.</li> </ul>	<ul style="list-style-type: none"> <li>You may need to disconnect during activity, resulting in disruption in insulin delivery.</li> <li>If not disconnected, the temporary basal feature can be used to decrease basal insulin for a given time period.</li> </ul>	<ul style="list-style-type: none"> <li>You do not need to disconnect your pod.</li> <li>You can use the temporary basal feature to decrease your basal rate while you are active.</li> </ul>
<b>VARIABLE SCHEDULES</b>  Variable schedules make it a challenge to manage BGs	<ul style="list-style-type: none"> <li>You may need to bolus more often, which will mean more injections.</li> <li>You will be unable to track insulin that is still working in your body from a previous bolus.</li> </ul>	<ul style="list-style-type: none"> <li>You can bolus more often without extra injections.</li> <li>Use advanced bolus features to help with high fat meals and/or extended eating at holidays or parties.</li> <li>You can track your active insulin from a previous bolus to help prevent insulin stacking, which can lead to low BG.</li> </ul>	

Remember to follow your healthcare provider's instructions and check BGs more frequently. The above are guidelines only.

#### REFERENCES

1. Bolderman, K. *Putting your patients on the pump*. 2nd ed. American Diabetes Association. 2013.

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