

Considerations for Insulin Pump Choices

There is no perfect insulin pump. To help with your choice, consider your daily routines, habits, and needs. Ask pump reps how their device would handle the situations listed below, if they apply to you.

1. Your physical activity varies a lot from day to day, or week to week etc.
2. You frequently forget your phone (some pumps need it) or controller for pods.
3. You're not keen on carb counting or you need more help with it. Each pump may address this differently.
4. You don't use an ISF (correction factor) or you are not comfortable adjusting it.
5. You frequently forget to give insulin with meals.
6. You have dexterity or vision challenges. Ask to take an infusion set home to try clicking the pieces together and ask to see and press buttons on the pump. Ask about the technique for inserting the glucose sensor.
7. You'd like to keep your pump "hidden". Consider asking for a mock pod or infusion set to compare the part that attaches to the skin while you wear your usual clothing.
8. You're thinking of pregnancy — ask about their research.
9. You take over 70-80 units of insulin daily.
10. You sleep on your stomach and need pump-sensor communication.
11. You regularly forget to charge devices (phones, earbuds etc). Some pumps plug in to charge, others use replaceable batteries or internal disposable batteries.
12. Or you don't like using disposable batteries.
13. You work with specialized equipment like high frequency welding.

And other questions you have!