

TEMPORARY BASAL RATES FOR INSULIN PUMP USERS

The temporary basal feature is used to modify the insulin pump basal rate for a pre-set duration of time. Setting a temporary basal rate may be helpful in some situations when more or less insulin is needed, such as illness or exercise. The pump will automatically resume delivery of your usual basal rates after the time of duration set has ended. You can cancel a temporary basal rate at any time. It is also important to remember that the temporary basal changes will vary depending on the person/child.

Use the following as a guide to help you when using the temporary basal feature:

- **Illness:** May need to increase basal rate by 10-20% for 24 hours.
- **Physical Activity:** *adjustment depends on the type, duration, and intensity of exercise.* Suggested adjustments are to decrease basal by **up to 25%** for light-moderate intensity and **up to 50%** for strenuous intensity. Start temporary basal 30 minutes to 1 hour prior to exercise and stop 1-2 hours after exercise.
- **Stress:** Suggested adjustments are to increase basal rate by **up to 10-20%** (duration and amount will vary and will depend on the person/child).
- **Menstrual Cycle:** Suggested adjustments are to increase basal rate **up to 10-20%** for 24 hrs for up to 6 days depending on blood glucose patterns. Rates are dependent upon the individual and frequent monitoring is recommended.
- **NPO (no food by mouth):** Temporary basal may not be needed if you are on IV fluids with glucose. If needed, suggested adjustments are to decrease basal rate by **up to 50%** for duration of treatment (surgery or procedure) until normal eating patterns or regular diet is resumed.

If more aggressive adjustment is needed, contact your diabetes health care team.

How to Set a Temporary Basal

**refer to your pump user manual for more details*

Animas: main menu → basal menu → temp → % to change → duration → go

Medtronic: main menu → basal → set edit temp basal → enter duration → enter % or units/hr to change → ACT.

Omni Pod: main menu → temp basal → temp basal change in % or units → duration → confirm

Tandem: main menu → options → temp rate → enter rate % or units/hr to change → enter