

# Switching from Pump to MDI: A Quick Guide for T1Ds

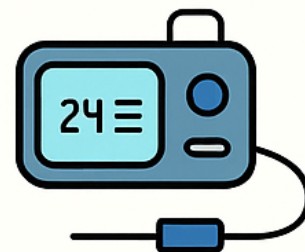
## 1 Figure Out Your Total Daily Dose (TDD)

Look at your pump's history or settings:

- Add up the 24-hour basal to
- Average bolus insulin per day

**Example:** Pump = 12 units/day

Bolus = 18 units/day - TDD = 30 units



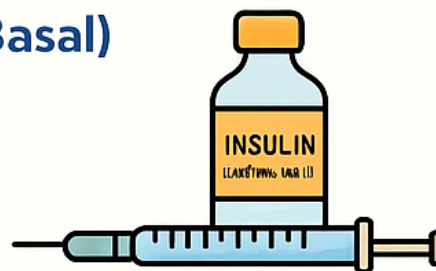
## 2 Choose a Long-Acting Insulin (Basal)

Pick Lantus or Basaglar - once daily (sometimes split in 2) or longer-acting

Start with  $\pm 80\%$  of pump's basal total

**Example:** Pump basal = 12 units

Try 10 units of Lantus once daily (adjust later with help)

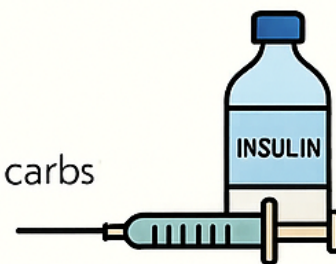


## 3 Use a Rapid-Acting Insulin for Meals (Bolus)

Continue using Humalog, Novolog, or Lyumjey with your usual carb ratio

1 unit for  - unit drops  of carbs

1 unit drops BG by  mg/dL

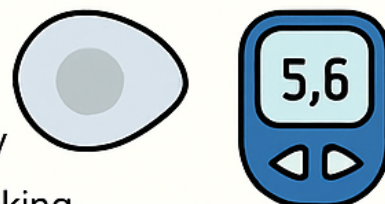


## 4 Timing Matters!

If using CGM: watch for trends

Long-acting insulin: take it same time each day

Correction insulin: wait 2-3 hours before stacking



## 5 BONUS TIP: Keep This Written Down

In case of emergency or hospitalization

- Last pump settings
- Basal/bolus schedule

