



Insulin Pumps

Lil Lintern – Type 1 Patient

It must have taken about 3 years to be persuaded to go on to an insulin pump to start with and I just kept saying no. I just thought it was just a defeat for me. I didn't need it. I could do this on my own but actually, once I'd had it, there was no way I was giving it up after that. It's been amazing and it's just the simplicity of it.

Dr Alex Bickerton – Consultant in Diabetes and Endocrinology

The ways of delivering insulin have also progressed. There are now a variety of pens that can be used to inject insulin and on top of that also insulin pumps.

Dr Deborah Wake – Diabetes Consultant

An insulin pump is a small device with a screen that allows you to set rates and give boluses. The pump contains a small bit of insulin that needs to be topped up every few days. Most insulin pumps are attached to an infusion set which is a bit of tubing that carries the insulin from the pump to your body. At the end of the tubing, there is a canula that is inserted just under the skin and usually this is inserted in the stomach area. Insulin pumps deliver insulin 24/7. The speed at which they deliver the insulin is called the basal rate. You can pre-set the basal rate so that the speed differs at different times of the day. In addition, you will be able to give yourself an extra shot of insulin which is called a bolus by pressing the buttons on the pump either at mealtimes, or to correct a high blood glucose level.

Kay Johnson – Type 1 Patient

After about 17, 18 years, I was offered the pump. So I did 3 days training for the pump and it has been the best thing that has ever happened to me. It is amazing. And then, about a year ago, I passed all the criteria for the sensor and that is just amazing. It's given me freedom. So, I'm very lucky. I'm a bionic woman. I really do have good control but you have to work at it and this has given me freedom. I don't have to think, have I got my finger prickers. The pump gives you freedom. It's not, have I got my pen? It's just amazing. So, I get on with a normal life.

Sharon Blatcher – Type 1 Patient

I was offered the insulin pump and, wow, that has absolutely changed my life. I've been on my pump now for the past 12 months. It has taken away the anguish of having to inject, knowing that I've been injecting for a good part of 23, 24 years and that is really tough. The pump just allows you to feel more normal and just gives you the confidence that, actually, your life is going to be okay. It has just taken the worry away from it. I do appreciate that you need to know what your doing to be able to monitor how the usage of the pump is and check that it's all working but generally, I can forget about it and that's where I am today.



Kay Johnson – Type 1 Patient

I go on holiday and I've encountered no problems but, again, I take it into my own hands. For instance, we went to Russia last year. So, when we walked around Russia, I didn't take my pump. I took my pen because I was just a bit worried. Oh, what's that on your body? So, I just lock it in the safe in the hotel or the ship or whatever and then take my pen. I put it on as soon as I go back.

Lil Lintern – Type 1 Patient

It's just the simplicity of it. When you've got a basal rate going through with your Lantus or your Levemir, it's a fixed dose to start with. It's really hard. So, if you are unwell or you're a female and you're going through that time of the month, it's not the same basal that you need so having different basal rates, it made a huge difference to my daily life.



Sue Batchelor – Type 1 Patient

I think the thing I like about it most is, I don't have to give background insulin because the pump manages all that. It does the back ground and I bolus when I eat. I found some days if I was a day off, and I'm a gardener and I have a big garden and I'm working hard in the garden, often the background insulin will be knocking in and I couldn't stop it. So, I have much more control.

Kay Johnson – Type 1 Patient

If I am very stressed and the sugar levels go up, because my pump is a wifi one, I just dial up some more insulin and let it go through. Ten, fifteen minutes later, I take my blood and if the blood's coming down I'm happy. If it is not, I take a little bit more insulin. I just deal with it really.

Sharon Blatcher – Type 1 Patient

I believe that technology today is definitely the way forward with diabetes. It is a bit of a challenge, initially, when you are getting used to it yourself but in no time at all, you'll feel like it's just part of you and it actually changes your whole life.