

Transcript: *Using an insulin pump*

"I got my pump five years ago."

"5 years ago – good boy. And can you show us your pump? Do you just keep it in your pocket normally?"

"Yep"

"Yep? And so it's an animas pump and what do you normally do with it during the day, what's your job and what you have to do."

"Well I normally bolus my food"

"So when you have your food how do you know how much it is"

"I look on the carbs"

"Good. So does mummy do that for you?"

"Yep"

"So mummy works out the carbs. Does she put a little label on there for you?"

"A little sticker that says like 30 carbs for the sandwich"

"Excellent, so show us what you'd do if you were having a sandwich for 30 grams, show us on your pump what you do"

"So first I turn it on"

"Good"

"I would go menu, OK, go to bolus, go down to ezCarb, and then where it's flashing black and yellow you would enter the carb amount so if it was 30 carbs, you'd put in 30 carbs, and then if my blood sugar was 8.5 you'd go to add BG and you'd put in 8.5, then show result, and it wants 2 units, so we go up to 2 units and then you press go."

"So the other thing the insulin pump does is it gives us a basal insulin, that's the insulin that's running all the time. So we'll show that if we go into menu and go down to basal, it's showing us what Ben's basal rates are, so we can see that it's all set up ready to go with a certain amount of insulin that's running every hour. And do you know how often that goes into your body? It goes in every 3 minutes – it's giving you a tiny tiny little bit of insulin every three minutes and we can see it's running all during the day and night so it's running all of the time.

So your insulin's running from the cartridge inside the pump through the line, right round here to your little site which is just sitting underneath your skin at the top of your bottom. And how often does mummy change that?"

"Every three days"

“So it’s changed twice a week and that’s a little tiny needle going in just like an insulin pen”