

Diabetic ketoacidosis (DKA) precautions on insulin pump/pod

What is DKA?

Insulin pumps only deliver rapid-acting insulin, so if there's a problem with insulin delivery, the blood sugars can quickly go very high.

When your body isn't getting enough insulin, it begins to break down fat as fuel. Fat break-down causes a build-up of acids in the bloodstream called ketones. If not taken care of, this can lead to DKA and you can start to feel very sick. DKA can be life threatening. Don't ignore the symptoms!

Symptoms:



Early signs: unusual thirst, urinating more often, fatigue, glucoses are high and aren't coming down with insulin

More severe signs: nausea, vomiting, abdominal pain, difficulty breathing, confusion

Troubleshoot:

- Pump infusion set has come out of the skin?
- See or smell insulin leaking onto the skin?
- Pump alert for occlusion or kinking?
- Suspect insulin not being delivered by your pump/pod?
- Continuous glucose monitor has been over 300 mg/dL for 2 hours?

Take action:

- Do a fingerstick glucose
- Check urine ketones

See next page

Based on urine ketones:

If you don't have ketone strips, are vomiting or feel sick, go to the ER

Step 1

Negative or trace

- Make sure your pump/pod and CGM are both working
- Take a **correction via the pump**
- **Drink** 8 oz of water, broth or other non-sugary drinks every hour to prevent dehydration
- Recheck fingerstick to make sure your sugar is coming down
- **If your sugar is not coming down, go to step 2**

Step 2:

Moderate

- **Change out** your pump infusion set/pod using a **new** vial of insulin
- Take a **correction with your rapid-acting insulin pen**
- **Continue** drinking 8 oz of water, broth or other non-sugary drinks every hour
- Recheck fingerstick to make sure your sugar is coming down
- Recheck urine ketones every 1-2 hours until negative
- **If your sugar and ketones are not coming down, go to step 3**

Step 3:

High

- Disconnect from your pump/pod. Resume long and short acting insulin injections by pen or vial
- Contact your Diabetes Clinic provider
- **Go to the emergency room**

Back-up plan:

- Back-up long acting insulin _____
- Back-up short acting insulin _____

- Ketone strips
- Back-up glucometer, test strips, lancets
- Extra supplies for pump, continuous glucose monitor, vial of short acting insulin
- Glucose tablets
- Glucagon