



Annual clinic visit (pumps)

Purpose:

- Once per year, we need to update you on new protocols and pump strategies;
- To accomplish more during your clinic time and avoid being sent home with more testing and follow-up for missing information;
- To provide you with your yearly insulin prescription and renewal form for the insulin pump program.

What to bring with you:

1. Besides your usual log, you should bring at least three days of **extra testing** following the same schedule you used at your child's pump start, so the basals can be tested:
 - 12:00 a.m.
 - 3:00 a.m.
 - Breakfast / 2hrs after
 - Lunch / 2hrs after
 - Supper / 2hrs after
 - Bedtime

For those 3 days:

- No snacks (if possible);
- No correction boluses at bedtime or overnight unless blood glucose is > 15.0 ;
- Please note any exercise your child may have done;
- If you choose to download your readings via a computer, make sure you send them to your doctor at least 3 days before your clinic visit.

2. A **3-day food record** that includes:

- All foods eaten including non-carbohydrate foods;
- The portion size or amount eaten (weight, mL or pieces) and carbohydrate amount that you have calculated;
- All blood sugar tests, insulin doses and any comments you may have had;
- If your child's blood sugar has been low, please also include information on the treatment used to restore it to a normal level.

Please arrive at 8:30 a.m. (morning visits) or 1:00 p.m. (afternoon visits) for the annual blood tests.

Schedule:

1. Blood test (apply Emla at home if necessary)
2. Consultation with the nurse and nutritionist
3. Clinic visit with your doctor

Useful tips:

- Please expect to be in clinic all morning or afternoon, depending on the timing of your appointment.
- You will receive a confirmation phone call a few days prior.
- Please contact the nurse Anne (514-412-4400 ext. 23084) or nutritionist Evelyne (514-412-4400 ext. 23085) if you have questions.