



**Insulin-Pumpen-Plan** für \_\_\_\_\_

- Frühschicht  
  Spätschicht  
  Nachtschicht  
  Wochenende/Urlaub  
  Prämenstruell

| <b>BZ-Korrektur:</b><br>ab BZ > 180mg/dl<br>Korrekturziele:<br>07 <sup>00</sup> - 22 <sup>00</sup> : 150mg/dl<br>22 <sup>00</sup> - 07 <sup>00</sup> : 200mg/dl |                   | Mahlzeiten      |    | 06 <sup>00</sup> - 09 <sup>00</sup> |    |    | 09 <sup>00</sup> - 12 <sup>00</sup> |    |    | 12 <sup>00</sup> - 15 <sup>00</sup> |    |    | 15 <sup>00</sup> - 18 <sup>00</sup> |    |    | 18 <sup>00</sup> - 21 <sup>00</sup> |    |    | 21 <sup>00</sup> - 23 <sup>00</sup> |    |    | <b>Muskularbeit:</b><br>1 Std. vor Beginn<br>Basalrate halbieren,<br>bis 1 Std. nach Ende<br>der Betätigung |    |    |    |       |                      |  |  |  |
|---|-------------------|-----------------|----|-------------------------------------|----|----|-------------------------------------|----|----|-------------------------------------|----|----|-------------------------------------|----|----|-------------------------------------|----|----|-------------------------------------|----|----|---|----|----|----|-------|----------------------|--|--|--|
|   |                   | ... I.E. pro BE |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
| Datum   | Uhrzeit von - bis | 01              | 02 | 03                                  | 04 | 05 | 06                                  | 07 | 08 | 09                                  | 10 | 11 | 12                                  | 13 | 14 | 15                                  | 16 | 17 | 18                                  | 19 | 20 | 21  | 22 | 23 | 24 | Summe | KF (Korrekturfaktor) |  |  |  |
|   | <b>Basal-rate</b> |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
|   |                   |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
|   |                   |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
|   |                   |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
|   |                   |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
|   |                   |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
|   |                   |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
|   |                   |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
|   |                   |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |
|   |                   |                 |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |                                     |    |    |   |    |    |    |       |                      |  |  |  |

Bei Umstellung auf ICT:      Mahlzeiteninsulin: \_\_\_\_\_      Verzögerungsinsulin: \_\_\_\_\_