Royal Berkshire NHS Foundation Trust

Preparing for your insulin pump: Insulin diary

You have been asked to complete this 7-day insulin diary in preparation for your pre-pump appointment with the diabetes specialist nurse. You should complete the daily insulin log (page 2) for the 7 days before your pre-pump appointment. Your diabetes team will have explained how to fill in the log. However, if you need further support, please do not hesitate to contact them.

Example day – Date: XX / XX / XX						**Total**
Basal insulin	10				10	20
Bolus insulin		4	5	8	2	19
Carbohydrates		40	50	80	20	190

Your current multiple daily injection insulin regime

Basal insulin (e.g. Tresiba, Lantus):

Bolus insulin (e.g. Novorapid, Aprida, Fiasp):

Insulin to Carbohydrate Ratios

Breakfast: Unit: grams

Lunch: Unit grams

Dinner: Unit: grams

Insulin sensitivity factor: Units: mmol/L

Your pump start settings (to be completed during pre-pump appointment)

Basal rate settings:

Flat Basal rate: u/hr or

Modified Cardian Profile

00:00 – 04:00: u/hr

04:00 – 07:00: u/hr

07:00 – 10:00: u/hr

10:00 – 22:00: u/hr

22:00 – 00:00: u/hr

Insulin to Carbohydrate Ratio: 1 unit: grams

Insulin Sensitivity factor: 1 unit: mmol/L

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Centre for Endocrinology & Diabetes, November 2026. Next review due: November 2028.

Day 1 – Date:	**Total**
Basal insulin	
Bolus insulin	
Carbohydrates	

Day 2 – Date:	**Total**
Basal insulin	
Bolus insulin	
Carbohydrates	

Day 3 – Date:	**Total**
Basal insulin	
Bolus insulin	
Carbohydrates	

Day 4 – Date:	**Total**
Basal insulin	
Bolus insulin	
Carbohydrates	

Day 5 – Date:	**Total**
Basal insulin	
Bolus insulin	
Carbohydrates	

Day 6 – Date:	**Total**
Basal insulin	
Bolus insulin	
Carbohydrates	

Day 7 – Date:	**Total**
Basal insulin	
Bolus insulin	
Carbohydrates	