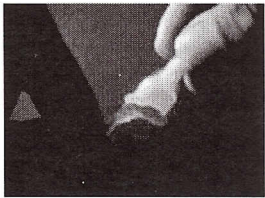




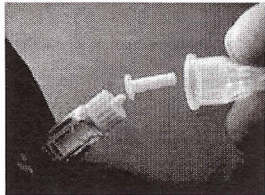
# Your Health Matters

## Use of Insulin Pen / 胰島素筆的使用方法

### 1. Remove protective tab / 取下筆尖保護套

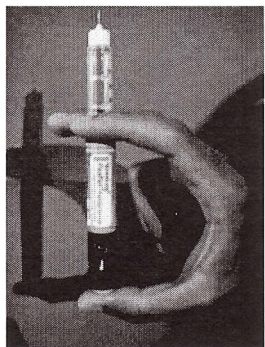


### 2. Screw needle onto pen / 把針擰緊在筆上



- Remove outer and inner plastic needle caps  
取下塑料針的內，外帽

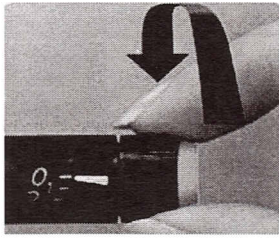
### 3. Do air shot / 做空氣注射



- Dial to 2 / 撥到2
- Press button / 按下按鈕
- Repeat until you see insulin leak out of needle  
重復，直到看見胰島素洩漏出針頭。
- Shake off excess insulin from tip  
抖落尖頭多餘的胰島素

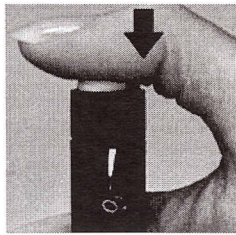
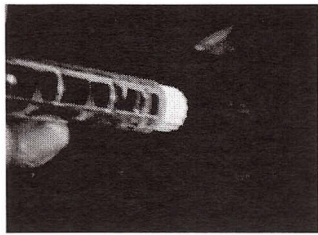
#### 4. Dial the insulin dose / 撥到胰島素的劑量

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#### 5. Give the insulin / 給予胰島素

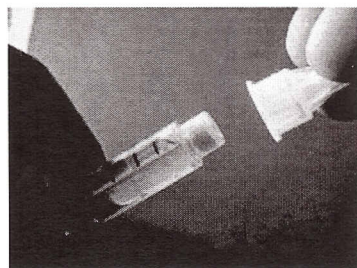
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- Insert needle into skin at 90 degree angle  
以90度直角把針插入皮膚
- Press button to deliver insulin  
按下按鈕，注入胰島素
- Make sure dial returns to 0  
確定轉盤回到0
- Count to 10 before removing needle  
數到10，取針

#### 6. Remove needle from pen / 把針從筆上取下

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- Never store a needle on the pen as it will draw air into the pen  
切勿把針留在筆上，以免把空氣抽入筆

1					
Long-Acting Insulin 長效胰島素		Breakfast 早餐	Lunch 午餐	Dinner 晚餐	Bedtime 就寢時
Name of insulin 胰島素名稱 _____		Units 單位	Units 單位	Units 單位	Units 單位
2					
Fast-Acting Insulin 速效胰島素		Breakfast 早餐	Lunch 午餐	Dinner 晚餐	
Name of insulin 胰島素名稱 _____		Take insulin 0-15 minutes before meal 就餐前 0-15 分鐘注射胰島素			
<b>MEALS 三餐</b>	Blood Sugar 血糖	Dose 劑量 (units 單位)			
	低於 under 80	None 沒有			
	80-100				
	101-130				
	131-150				
	151-200				
	201-250				
	251-300				
	301-350				
	351-400				
	超過 over 400				
3					
Bedtime High Sugar Correction 就寢時高血糖矯正				Bedtime 就寢時	
Name of insulin 胰島素名稱 _____					
Blood Sugar 血糖	Dose 劑量 (units 單位)				
under 200	none				
200-250					
251-300					
over 300					
✓	Test blood sugar before every meal and at bedtime. 每一餐之前以及就寢時測試血糖。				
✓	If blood sugar is less than 70, drink 4 oz of juice or eat glucose tablets. 如果血糖低於 70, 喝 4 盎司果汁或吃葡萄糖片。				
✓	Call doctor if Blood sugar is less than 70 or greater than 400. 如果血糖低於 70 或高於 400, 打電話給醫生。				
✓	During Prednisone or Decadron taper, call doctor if blood sugar is less than 100 two times in a row. Insulin dose may need to be changed. 貼用波尼松或地塞米松藥膏時, 如果血糖的測試結果連續兩次低於 100, 胰島素劑量可能需要改變。				

**INSULIN PUMP Instructions for / 胰島素泵說明使用對象** \_\_\_\_\_

**Date / 日期** \_\_\_\_\_

- **Insulin Type / 胰島素類型** \_\_\_\_\_

- **Insulin Pump Basal Rate / 胰島素泵基底率:**

<b>Time / 時間</b>	<b>Units per Hour 每分鐘單位</b>
to / 至	
to / 至	
to / 至	
to / 至	
to / 至	
to / 至	

- **Carbohydrate Ratio / 碳水化合物比例:**

\_\_\_\_\_ unit per / 單位/每 \_\_\_\_\_ **Grams of Carbs / 克碳水化合物**  
\_\_\_\_\_ unit per / 單位/每 \_\_\_\_\_ **Grams of Carbs / 克碳水化合物**  
\_\_\_\_\_ unit per / 單位/每 \_\_\_\_\_ **Grams of Carbs / 克碳水化合物**

- **High Blood Glucose Correction / 高血糖矯正:**

\_\_\_\_\_ unit per / 單位/每 \_\_\_\_\_ **points over blood sugar of / 點高於** \_\_\_\_\_ **血糖**  
\_\_\_\_\_ unit per / 單位/每 \_\_\_\_\_ **points over blood sugar of / 點高於** \_\_\_\_\_ **血糖**  
\_\_\_\_\_ unit per / 單位/每 \_\_\_\_\_ **points over blood sugar of / 點高於** \_\_\_\_\_ **血糖**

- **Check blood sugar before meals and at bedtime.**

每一餐之前以及就寢時測試血糖。

- **If blood sugar less than 70, drink 4 oz of juice or eat glucose tablets.**

如果血糖低於 70，喝 4 盎司果汁或吃葡萄糖片。

- **If blood sugar remains over 300 mg/dL, change infusion set and take high blood glucose correction as an injection.**

如果血糖維持超過 300 mg/dL，改變注射器，採用高血糖矯正作為注射液。