

Your Health Matters



Starting Insulin

The name of your insulin is _____

You will be taking the insulin using:

- Vial and syringe
- Pen _____
- Other delivery device _____

Your insulin will work best if you take it:

- Right before your meal – breakfast, lunch, dinner
- 30 – 45 minutes before your meal – breakfast, lunch, dinner
- At bedtime each night
- Each morning

Inject into the soft tissues of the abdomen, in the subcutaneous area. **DO NOT INJECT THE INSULIN WITHIN 2 INCHES OF THE MIDDLE OF YOUR ABDOMEN.** Be sure not to overuse any one area as this can cause problems with insulin absorption. Try not to re-use an injection site for 2 weeks.

Store your extra insulin in the refrigerator. Store the insulin you are currently using at **room temperature**. Be careful your insulin does not get too cold or too hot.

Start a new vial/cartridge/pen every _____ days (even if there is insulin remaining in the current one), as your insulin may not be effective for longer.

The law requires that you dispose of your used syringes/needles safely so that no one is accidentally injured. A “Sharps Container” can be purchased at your local pharmacy.

How Can I Avoid a Low Blood Sugar Reaction?

A side effect of insulin therapy is low blood sugar or hypoglycemia. The best way to avoid this is to:

- Eat the amount of carbohydrate that has been recommended for you at each meal. Eat your meals on time. Don't skip meals
- Carry a source of sugar in case your sugar gets low – such as juice, lifesavers, jellybeans, and glucose tablets
- Limit alcohol use
- If you experience low blood sugar you should discuss this with your health care provider so that your insulin dose can be adjusted

It is important that you wear **Medical Alert Identification** so that if you ever need assistance, those trained to help you will know that you have diabetes. This identification is most likely to be found if you wear it on your wrist or as a pendant around your neck.

Provider Signature _____ Date _____

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