



What Your Doctor Wants You to Know About Insulin

Insulin is a hormone made by your pancreas, an organ that sits behind your stomach. Insulin is needed to move glucose, the sugar in blood, from the bloodstream into the body's cells. The cells use the sugar in blood as fuel to do their work. Insulin also helps the body store fat for future energy use. We use a couple different types of insulin to keep your blood sugar at a safe level for your developing baby.

Type	Onset	Peak	Duration
Novolog	1-15min	1-2h	4-5h
Regular	30-60min	2-4h	6-8h
NPH	1-3h	5-7h	13-18h
Lantus	1h	None	24h

If You Need to Mix 2 Types of Insulin:

- Draw the clear, short-acting insulin into the syringe before the cloudy, long-acting insulin.
- Roll the bottle of cloudy, long-acting insulin gently between your palms to mix the contents before drawing insulin into the syringe.
- Check the label to make sure you have the correct insulin before drawing up your dose.

Storing Insulin :

- The bottle of insulin being used should be kept at room temperature. Store an extra bottle in the refrigerator if you will be keeping it for longer than 30 days.
- If a bottle kept at room temperature is not used within 30 days, throw it away.
- If your insulin is normally clear but has become cloudy, clumped, or crystallized, throw it away and open a new bottle.



Injecting Insulin With a Syringe.

A syringe is a hollow plastic tube with a plunger inside and a short skinny needle attached.

1. Wash and dry your hands.
2. Choose a clean and dry site.
3. Check the bottle to be sure you are using the right insulin.
4. Remove the caps covering the plunger and the needle. Pull the plunger back, filling the empty syringe with air to the amount matching your insulin dose.
5. While the insulin bottle is steady on a tabletop, push the needle straight down into the rubber top, and then push down on the plunger.
6. Turn the syringe and bottle upside down, keeping the point of the needle below the level of insulin in the bottle. Slowly pull back on the plunger to fill the syringe to the correct dosage.
7. Check for air bubbles in the syringe. Tap the syringe to move any air bubbles to the top. Carefully push the plunger to expel the air bubbles.
8. Check again that you have the right dose and the right type of insulin.
9. Remove the needle from the top of the insulin bottle and use it immediately.
10. Gently pinch a fold of skin between your thumb and forefinger.
11. Push the needle quickly, straight into the skin. Relax the pinch and push the plunger to inject the insulin. Pull the needle straight out.
12. Cover the injection site with your finger or a cotton ball or gauze. Apply slight pressure for 5-8 seconds, but do not rub the site.



What If I Don't Feel So Well?

A blood sugar that is too low (“hypoglycemia”) can be very dangerous, even life-threatening. Hypoglycemia can be caused by:

- Wrong doses of diabetes medications
- Exercising without eating
- Drinking alcohol on an empty stomach
- Not eating enough carbohydrates
- Delaying or skipping a meal

Please see our patient guide to signs of hypoglycemia.

MY INSULIN DOSE

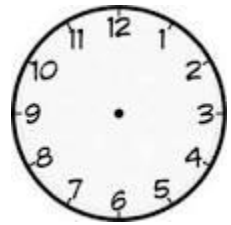
TIME



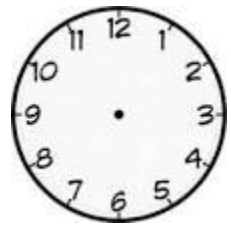
**SHORT
ACTING**



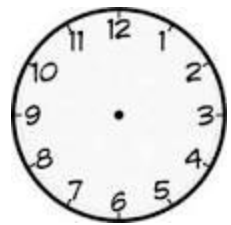
**LONG
ACTING**



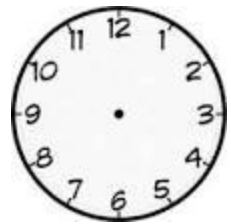
Before Breakfast



At Lunch



At Dinner



Bedtime
