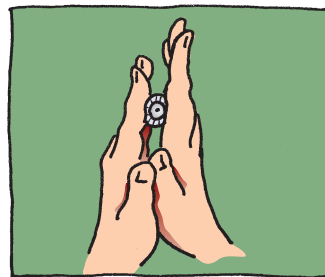




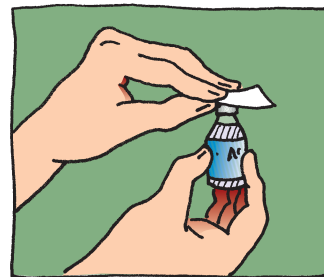
1. Get supplies.



2. Wash hands.



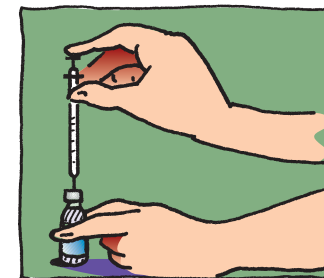
3. Roll **cloudy** bottle.



4. Wipe top of bottle with alcohol swab.



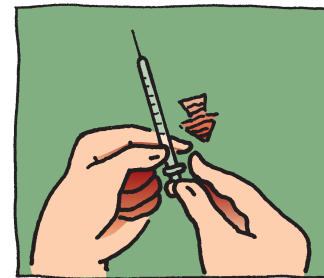
5. Pull plunger down to \_\_\_\_\_ units equal to **cloudy** insulin dose.



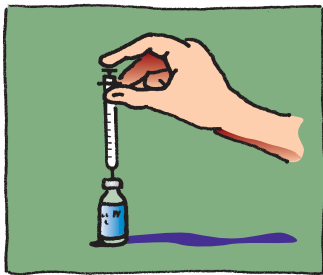
6. Put needle into bottle of **cloudy** insulin to push air into bottle.



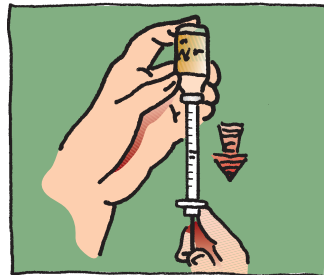
7. Take needle out.



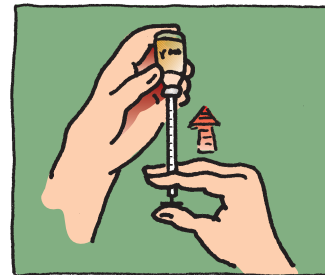
8. Pull plunger down to \_\_\_\_\_ units equal to **clear** insulin dose.



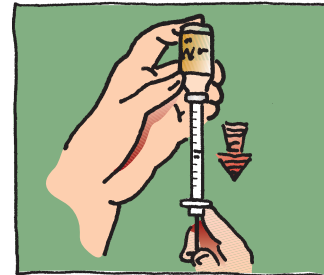
9. Put needle into bottle of **clear** insulin. Push air in bottle and leave in.



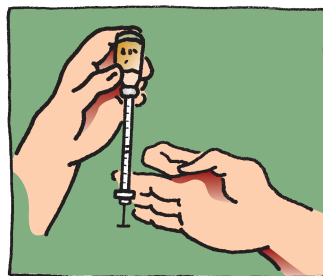
10. Turn bottle upside down. Pull plunger half way down the syringe.



11. Push insulin back into bottle.



12. Pull plunger down to \_\_\_\_\_ units of clear.



13. Get rid of air bubbles, then take needle out.



14. Put needle into **cloudy** bottle and turn bottle upside down.



15. Slowly pull plunger down to the TOTAL dose = **clear** \_\_\_\_\_ + **cloudy** \_\_\_\_\_.



16. If you draw out too much, throw the syringe out and start over.

Some people with type 2 diabetes only take insulin to control blood glucose. Others take diabetes pills plus insulin. If you are starting on insulin for the first time, you may feel nervous or worried. You may think you did not care for yourself well enough in the early stages of your diabetes. You may feel that

insulin is the "last resort," that you've done everything you can, and now your diabetes is "bad." With type 2 diabetes, at some point in time, your pancreas will gradually stop making enough insulin, and pills alone may not work to help control your blood glucose.

Insulin is very effective in

treating diabetes and preventing complications. It has fewer side effects than diabetes pills. Some people can eventually come off insulin, but most will feel better after taking it. Remember that taking diabetes medicine is only a part of good diabetes care. Using your meal plan and being physically active is also important.

### Special Instructions:

#### Insulin:

① The name of my insulin is \_\_\_\_\_ The number of units I take is \_\_\_\_\_  
I will take this insulin at the following times that are circled:

Before Breakfast      Before Lunch      Before Supper      At Bedtime

② The name of my insulin is \_\_\_\_\_ The number of units I take is \_\_\_\_\_  
I will take this insulin at the following times that are circled:

Before Breakfast      Before Lunch      Before Supper      At Bedtime

**Check here:**  If I take a rapid-acting insulin I will eat immediately after I take this insulin dose  
 If I take a short-acting insulin I will eat 30 minutes after I take my dose

#### Checking Blood Glucose:

My blood glucose goal before meals: \_\_\_\_\_. After meals: \_\_\_\_\_. Call if blood glucose is out of target per your provider's instruction.

I will check my blood glucose every day at the following times:

**Before:**  Breakfast  Lunch  Dinner

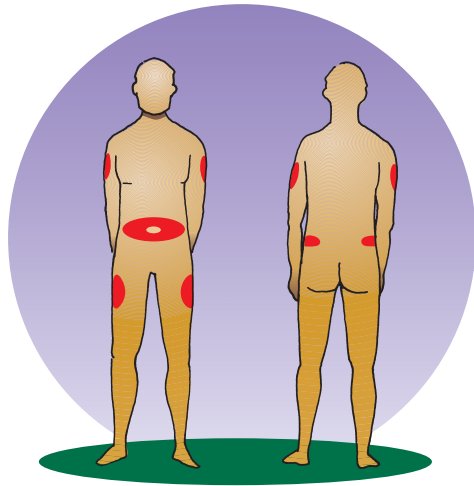
**2-3 hours After:**  Breakfast  Lunch  Dinner:

#### My Insulin Action Plan:

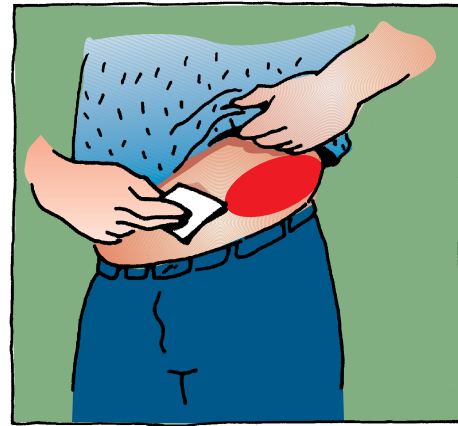
- Call my provider in 2 days (if I have just started taking insulin)
- Discuss what to do when I am sick
- Keep using food/activity plan
- Take action if blood glucose goes below 70!



# Where and how do I give an insulin injection?



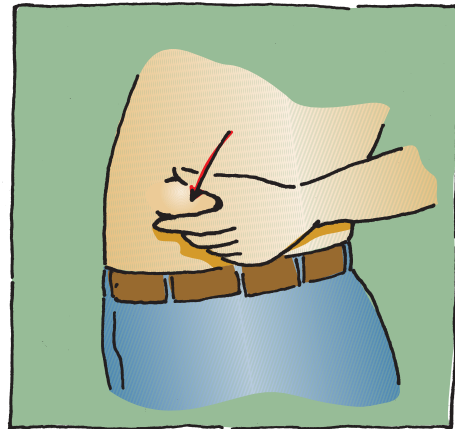
Choose where you will inject: abdomen, arms, legs or hips.



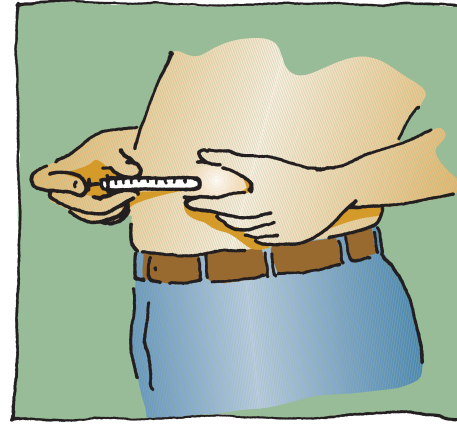
Cleanse the skin with soap and water or an alcohol wipe.



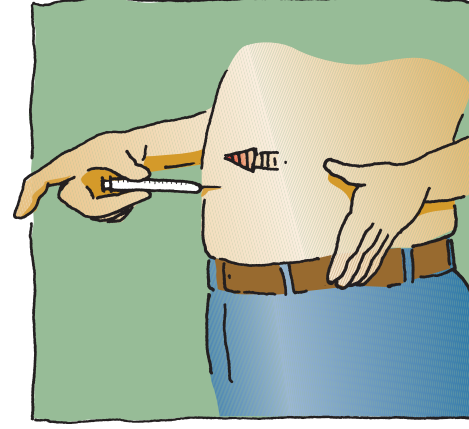
Hold needle like a pencil.



Pinch up skin.



Push needle straight into skin. Push plunger down.



Let go of pinch and pull needle out.

## How to store insulin?

- **Unopened** insulin (vials, pens and cartridges)
  - Store in the refrigerator
  - Good until the expiration date
  - Do not freeze
- **Opened vials**
  - May be refrigerated or kept at room temperature (36-86°F).
  - Discard after one month
  - Avoid heat and direct light

## How to dispose of syringes?

*Check with your local health department*

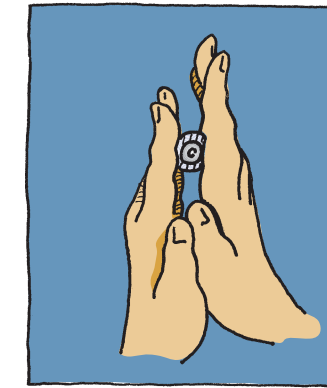
- Do NOT recap, bend, or break needle
- Place into non-clear, puncture-resistant container
- Do NOT label as needles!
- Do NOT place in recycle bins

**For more information:** Check the Joslin Diabetes Center website and store: [www.joslin.org](http://www.joslin.org) or 888-JOSLIN-1

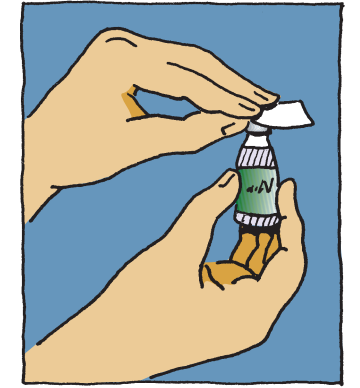
# Drawing Up Insulin - *Single Dose*



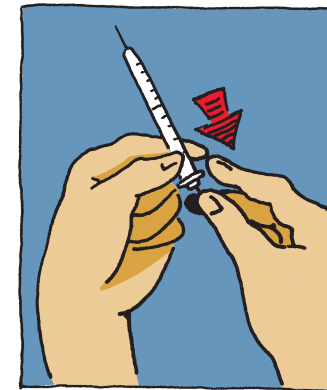
1. Wash hands.



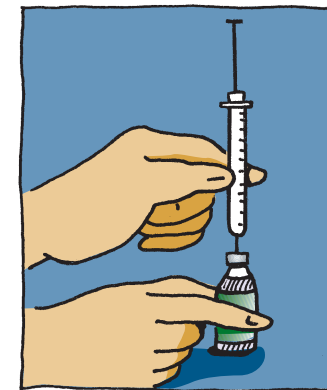
2. Roll the bottle if using cloudy insulin, until insulin mixed.



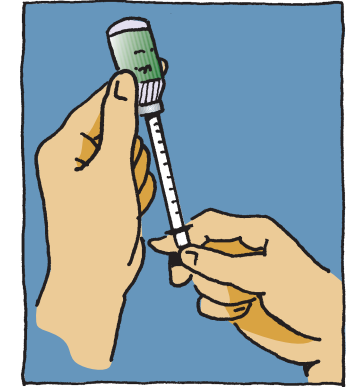
3. Wipe top of bottle with alcohol swab.



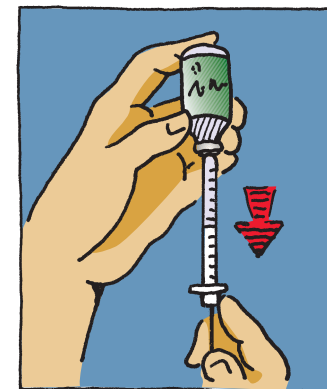
4. Take cap off. Pull plunger down to \_\_\_\_\_ units.



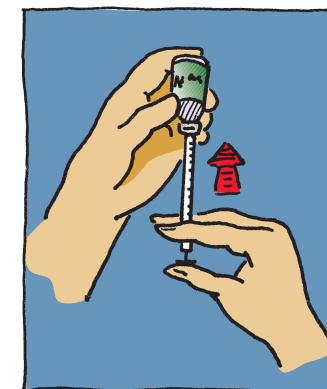
5. With bottle on table, put needle into bottle. Push plunger down to push air into bottle.



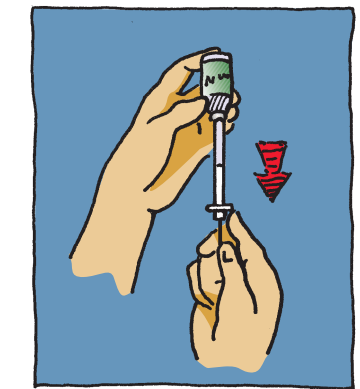
6. Turn bottle upside down.



7. Pull plunger half way down to draw insulin into the syringe.



8. Push insulin back into bottle.



9. Pull plunger to \_\_\_\_ units. Check for air bubbles. If seen push insulin back into bottle and repeat step 8 & 9.