

Managing Gestational Diabetes with Mixed-Dose Insulin Injections

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Transcript

Some women with gestational diabetes require insulin to help achieve their blood glucose goals. It may make you nervous at first, but your diabetes care team is there to help you. Be sure to follow their directions. They will help you gain the confidence you need to manage your diabetes. Remember, insulin will help, not hurt the health of your baby.

Insulin syringes are smaller, their needles sharper, and easier to use than ever before. This helps lessen the pain of injection. Most women say that the injections are less painful than the fingersticks!

Let's look more closely at the syringe.

The barrel holds the insulin. The insulin user pushes the plunger to push the insulin out, and the plunger also shows how much insulin is in the syringe. The needle is sterile and shouldn't touch anything before injection.

Let's go over, step by step, how to prepare to inject using a needle and syringe.

First, gather all your supplies on a clean surface. This includes the syringe, alcohol swabs, a Sharps container, and your insulin.

Some insulins come pre-mixed in a single bottle. For example, 70/30 contains 70% longer acting insulin and 30% shorter acting insulin. However, sometimes you need to mix two types of insulin together in the same syringe to get the best blood glucose control.

To prepare a mixed dose of insulin, check the number of units of each type of insulin you are taking to be sure you take the correct dose. Add the number of units of shorter acting insulin to the number of units of longer acting insulin you need.

Write the total number down so you can double check at the end of your mixing to make sure you have the right total dose. When you are more comfortable with this process you can add these numbers in your head.

Wash your hands thoroughly with soap and warm water and dry them on a clean towel. Wipe the tops of both insulin bottles with an alcohol swab.

Pull the plunger back to the number of units of longer-acting insulin you need. Inject that air into the bottle of longer-acting insulin. Do not begin drawing the insulin yet. Instead, pull the syringe straight out.

Now pull the plunger back to the number of units of shorter acting insulin you need. Inject that air into the bottle of shorter-acting insulin. This time, leave the needle in and turn the bottle upside-down so the insulin completely covers it. Then draw out the correct amount of shorter acting insulin.

Be sure to check for an air bubble. If you see one, push the insulin back into the bottle and start over again.

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Now for the longer-acting insulin. If you are using an insulin that needs to be mixed, mix it gently, but thoroughly about 15 to 20 times. Do not shake it because this will put air into the insulin.

Insert the needle into the longer-acting insulin bottle and turn it upside-down, making sure the needle is completely covered with insulin. This will help keep an air bubble out.

Carefully pull the plunger back to the total number of units you want to inject. You need to be especially careful at this point. If you draw up too much insulin, or see an air bubble in the syringe, you cannot push the mixture back into the bottle. You must dispose of the syringe and start over. Also, if the needle on your syringe is bent, you must discard it and start again.

Now you're ready to inject.