

Using Insulin Safely

The more you know about your insulin, the more likely you will use it safely and effectively to help you achieve your blood glucose goals.

One thing you can do is record your blood glucose at specific times. This will help you figure out when your insulin begins to work, when it works hardest and for how long.

Talk to your diabetes care team to understand when your insulin will start acting and for how long.

In addition, make a list of all the medications you take – including prescription and over-the-counter – because some may affect your insulin.

Show this list to your diabetes care team to make sure your insulin is working properly.

Before using your insulin check to make sure it's the right type and brand, and that you know your proper dose.

Store any extra unopened insulin in your refrigerator, or an insulin cooling case if you are traveling.

Cold insulin may sting when injected, so if you are using new insulin, let it warm to room temperature before you use it.

The insulin you are currently using does not have to be refrigerated, but most insulins must be used within 28 days after they are opened.

Never store any insulin in a place that is too hot or where your insulin could freeze, like inside your car.

And never use insulin from a bottle that looks frosted.

NPH and some pre-mixed insulins are cloudy and need to be mixed gently before use.

If a cloudy insulin looks yellowish or clumped, it should not be used.

If your clear insulin appears cloudy or discolored, it should not be used.

Never use insulin if the expiration date that is printed on the bottle has already passed.

Always keep a spare bottle, pen, or pen cartridge on hand.

Check your supplies, including syringes, on a weekly basis, to make sure you have enough for at least two weeks--- in case you can't go out because of bad weather or illness.

If you have any questions about how to use or store your insulin, talk to a member of your diabetes care team.

She can give you the information you need to safely take your medications and enjoy the benefits of healthy diabetes management with insulin.

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Although Diabetes is complex, it's manageable when you have the right information and support. Diabetes educators are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at www.DiabetesEducator.org/find.