

TRANSCRIPT (page 1 of 2)

When you have diabetes, you may be prescribed Humalog. You may also be familiar with its generic name, lispro. Humalog is a high alert medication, which means if you do not take it exactly as prescribed, it may cause illness or injury.

When you have diabetes, your body does not make enough insulin or it doesn't use insulin properly. Injecting Humalog can help you keep your blood glucose in a healthy range.

It comes in either a vial and syringe, or pre-filled pen. Humalog is a rapid acting insulin, which means it begins to work very quickly – within 15 minutes. It works hardest from 30 to 90 minutes, and it lasts a total of 3 to 4 hours.

When taking Humalog, one possible side effect is low blood glucose, or hypoglycemia. Because Humalog begins to lower your blood glucose almost immediately, it must be taken less than 15 minutes before you eat. Otherwise, your blood glucose could drop too low.

Low blood glucose is a serious side effect, and can cause headache, weakness, a cold sweat or clammy feeling, shakiness, hunger, fast heartbeat, irritability, vision changes and dizziness. If you ignore it, hypoglycemia can get worse and you can pass out. Discuss the best ways to deal with hypoglycemia with your healthcare provider and always carry a fast-acting carbohydrate, such as glucose tablets or gel, available at any pharmacy.

When taking Humalog, other possible side effects include allergic reaction, and redness, swelling, or itching at the injection site. Discuss the complete list of side effects with your healthcare provider before taking Humalog.

Before using Humalog, tell your healthcare provider if you have liver or kidney problems. Your dose may need to be adjusted.

Meet with your healthcare provider to determine how much Humalog to take and how best to take it. Remember to check your blood glucose as directed before injecting insulin.

Whether you are using a syringe or insulin pen, Humalog should be injected into fatty tissue, just below the skin. The recommended injection areas are the abdomen, or belly; the backs of the arms; the tops or sides of the thigh; and the buttocks, or rear.

(cont. next page)

TRANSCRIPT (page 2 of 2)

Try to rotate your injection site using a regular pattern, like a clock. This helps keep your skin and underlying tissues healthy.

Humalog may be used alone, with other types of insulin, or with oral diabetes medications. Do not adjust any of your medications without first talking with your healthcare provider.

Store any extra, unopened Humalog in your refrigerator; but never keep it in the door, because the temperature there changes each time the fridge is opened. The Humalog you are currently using does not have to be refrigerated, but must be used within 28 days after it is opened. Do not use Humalog past the expiration date printed on the bottle or pen.

Never store any insulin in a place that is too hot or too cold. And never use Humalog that is yellowish.

When you have diabetes, Humalog can help you control your blood glucose and help you maintain your overall health. If you have any questions about Humalog, ask your healthcare provider and pharmacist for more information.