

Humalog

Your doctor may prescribe a brand of insulin called Humalog to help manage your diabetes.

When you have diabetes, your body does not make enough insulin or it has trouble using the insulin your body does make resulting in high blood glucose (or sugar).

Injecting Humalog can help you keep your blood sugar in a healthy range.

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 3-4 hours.

When taking Humalog, one possible side effect is hypoglycemia or low blood sugar.

Do not take Humalog until you are ready to eat.

Because Humalog begins to lower your blood sugar almost immediately, take it less than 10 minutes before you eat or immediately after you eat.

Otherwise, your blood sugar could drop too low.

Low blood sugar 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 low blood sugar with your doctor and always carry a fast-acting carbohydrate such as glucose tablets or gel, available at any pharmacy.

When using Humalog other possible side effects include: Redness, swelling or itching at the injection site. And an allergic reaction, such as hives or difficulty breathing.

If you have an allergic reaction call 911 immediately!

Discuss the complete list of side effects with your doctor before taking Humalog.

Before using Humalog, tell your doctor if you have a history of liver or kidney problems.

Your dose may need to be adjusted.

Meet with your doctor to determine how much Humalog to take and how best to take it.

Whether you are using a syringe or insulin pen, Humalog should be injected into fatty tissue, just below the skin.

Humalog

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.

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

Store any extra, unopened Humalog in your refrigerator.

Once opened, Humalog can be stored at room temperature and must be used within 28 days or thrown away even if some Humalog is left.

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. Humalog should be clear and colorless.

If you have any questions about Humalog, ask your doctor or pharmacist for more information.