

Humulin N

Your healthcare provider may prescribe Humulin N to help manage your diabetes.

When you have diabetes, your body does not make enough insulin or it doesn't use insulin properly.

Injecting Humulin N can help you keep your blood glucose in a healthy range.

It comes in either a vial or pre-filled pen.

Humulin N is an Intermediate Acting insulin. This means it begins to work within 2 to 4 hours and can continue to work as long as 24 hours, depending on your dose and other factors.

When injecting Humulin N, one possible side effect is low blood glucose or hypoglycemia.

Low blood glucose is a serious side effect and can cause: headache, weakness, a cold sweat or clammy feeling, shakiness, hunger, fast heart beat, irritability, vision changes, dizziness and confusion.

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 Humulin N, other possible side effects include: swelling of the hands and feet; allergic reaction; and redness, swelling or itching at the injection site.

Discuss the complete list of side effects with your healthcare provider before taking Humulin N.

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

Give your healthcare provider a complete list of all other medications you use. Taking some medications while using insulin can make it harder to tell when you have low blood glucose and can increase your risk of serious heart problems, including heart failure.

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

Humulin N needs to be mixed before using it. Gently roll the bottle between your hands and tip it end to end to mix it thoroughly. Do not shake it.

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

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 Humulin N in your refrigerator. But never keep it in the door, because the temperature there changes each time the fridge is opened.

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The Humulin N you are currently using does not have to be refrigerated, but must be used within 28 days after it is opened. Do not use Humulin N 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 Humulin N that does not mix easily or looks clumped.

If you have any questions about Humulin N, ask your healthcare provider and pharmacist for more information.