

Humulin 70/30

Your doctor may prescribe a brand of insulin called Humulin 70/30 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 Humulin 70/30 can help you keep your blood sugar in a healthy range. It comes in either a vial or pre-filled pen.

Humulin 70/30 is an Intermediate Acting insulin, combined with a short-acting insulin.

This means it can begin to work quickly – within 30 minutes to 1 hour and can continue to work as long as 24 hours, depending on your dose and other factors.

When taking Humulin 70/30, one possible side effect is low blood sugar or hypoglycemia.

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

When taking Humulin 70/30, other possible side effects include: redness, swelling or itching at the injection site and allergic reactions, such as hives or difficulty breathing.

If you have an allergic reaction call 911.

Discuss the complete list of side effects with your doctor before taking Humulin 70/30.

Before using Humulin 70/30, tell your doctor if you have liver or kidney problems. Your dose may need to be adjusted.

Meet with your doctor to decide how much Humulin 70/30 to take and how best to take it. Do not adjust any of your medicines without first talking with your doctor.

Humulin 70/30 should be taken 30 to 45 minutes before a meal. Remember to check your blood sugar as directed before injecting insulin.

Humulin 70/30 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 70/30 should be injected into fatty tissue, just below the skin.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.



Humulin 70/30

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 Humulin 70/30 in your refrigerator. The Humulin 70/30 you are currently using does not have to be refrigerated.

Do not use Humulin 70/30 past the expiration date printed on the bottle or pen.

Once opened, Humulin 70/30 must be used within a certain number of days, even if some is still left. Ask your doctor or pharmacist when to discard Humulin 70/30 once opened.

And never use Humulin 70/30 that does not mix easily or looks clumped.

When you have Diabetes, Humulin 70/30 can help you keep your blood sugar in a healthy range.

If you have any questions about Humulin 70/30, ask your doctor or pharmacist for more information.