

ALL ABOUT INSULIN

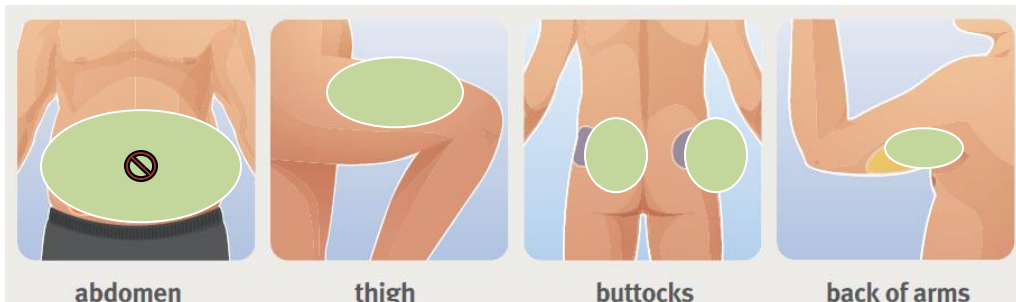
WHAT IS INSULIN?

Insulin is a natural hormone made by the body. It's needed to carry sugar from the blood into the cells where it can be used as energy.

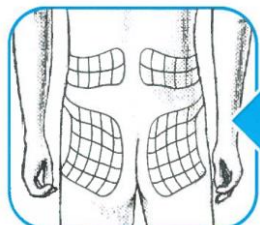
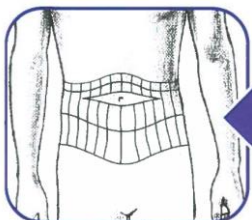
INSULIN USE AND SAFETY

- ✓ Ensure insulin in use is stored at room temperature
- ✓ Store extra insulin that is not in use in the fridge (do not freeze)
- ✓ Check expiry dates of insulin
- ✓ Most insulin cartridges and pens in use are good for 30 days *Check the manufactures instructions

ROTATE, ROTATE, ROTATE!



- ✓ Preferred areas to inject are the abdomen, thighs and buttocks
- ✓ Insulin is absorbed more evenly and faster in the abdomen
- ✓ The back of the arm may be used; you may need help in order to reach the correct area
- ✓ Stay 1.5 inches away from the belly button
- ✓ Do not inject into any scars or scar tissue
- ✓ Have a structured rotation pattern; divide sites into quadrants and rotate within
- ✓ Space injection sites at least 1 inch apart
- ✓ Do not inject into areas you plan to exercise
- ✓ Exercise will increase the rate of absorption and may cause low blood sugar



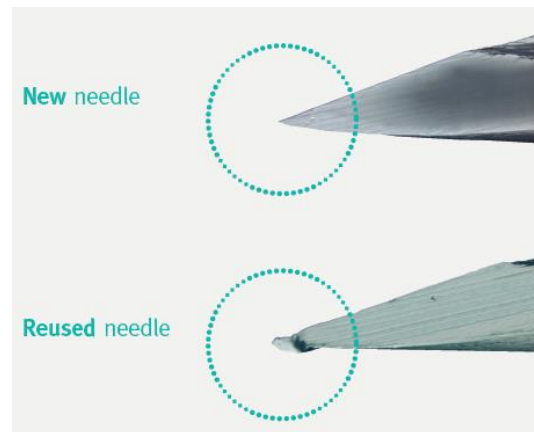
LIPOHYPERTROPHY (Lipo)

- This is a fat tissue that can develop under the skin where injections of insulin are given
- Regularly inspect your injection sites for lipo
- Look for puffiness, raised areas and redness, hardness and lumps
- Rotating your injections at least 1 inch apart helps prevent lipo
- If you develop lipo; do not inject into this area
- Injecting into a lipo can cause irregular absorption of insulin



ALWAYS USE A NEW NEEDLE!

- ✓ To avoid clogging of the needle
- ✓ To avoid bending and breaking
- ✓ To keep injection sites healthy
- ✓ To increase injection comfort
- ✓ Reduces risk of lipohypertrophy



NEVER CARRY AN INSULIN PEN TIP WITH THE NEEDLE ATTACHED

- When you go from a warm to cold place, insulin will shrink and air can enter through the needle leading to an inaccurate insulin dose
- When you go from cold to warm, insulin will swell and can leak out through the needle

INSULIN & PREGNANCY



- ✓ Baby is growing in the uterus and cannot be touched by the insulin pen needles
- ✓ During pregnancy, skin is taut over the central part of the abdomen, choose the sides of the abdomen for injections