

Insulin

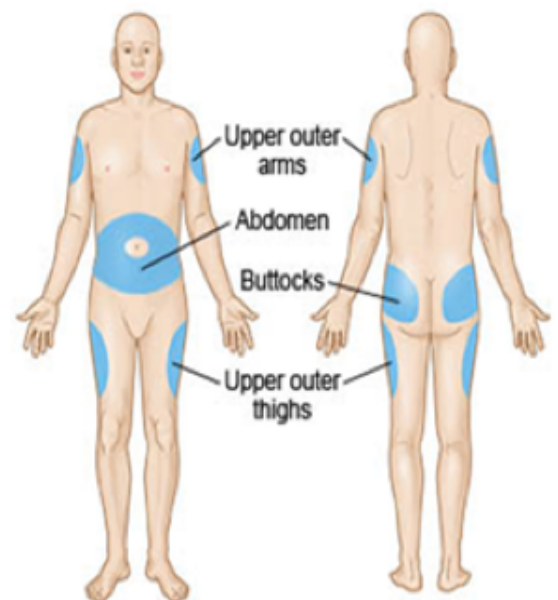
People are often very scared about starting insulin because they have heard stories from their friends or family that are often not true. Insulin lowers your blood sugar by helping the sugar to go from your blood into the cells of your body (such as your muscles) so that it can be used for energy. Insulin is taken by injection (shots).

Choosing where to give your insulin shot

People who give themselves insulin shots often have a favorite place on their body to give the shot. This is not a good idea because it can cause that place to become hard and for the insulin not to work well.

Belly (or abdomen) is best!

- Do not give a shot into your muscles
- Do not give a shot into scars or a place with infection
- Use a different place for each shot.
- Do not rub the place after the shot.



Giving your insulin: The 5 Ps:

1. **P**inch your skin
2. **P**ierce your skin with the needle
3. **P**ush
 - If you are using a syringe: Push the plunger all the way down.
 - If you are using a pen device: Push the button until the number “0” is seen.
4. **P**ause after the medicine is in and count to “five”
5. **P**ull the needle out

Types of Insulin

Starting insulin, if it is needed, will help keep your blood sugar in the normal range so you can have a longer, healthier life. Some insulins work quickly and some work slowly depending on what you need the insulin to do. Be sure to read the label on your insulin bottle.

Medicine	Looks	Starts working (onset)	Strongest effect (peak)	Lasts (duration)	Comments
70/30 (mixture of NPH and regular)	cloudy	Regular: 30 to 60 minutes NPH: 2 to 4 hours	Regular: 2 to 4 hours NPH: 6 to 10 hours	Regular: 2 to 4 hours NPH: 14 to 18 hours	Take 30 minutes before eating
NPH (N)	cloudy	2 to 4 hours	6 to 10 hours	14 to 18 hours	Ask your health care provider when to take
Regular (R)	clear	30 minutes to 1 hour	2 to 3 hours	6 to 8 hours	Take 30 minutes before eating
Aspart (Novolog) Lispro (Humalog)	clear	15 to 30 minutes	30 to 90 minutes	4 to 6 hours	Take right before eating
Insulin Glargine (Lantus)	clear	1 hour	no peak	24 hours	Take at the same time each day

