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Insulin Instructions - English

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Description

A one page handout for diabetic patients explaining how to administer their insulin and safely store it.

Keywords

Diabetes, Insulin, Patient Education

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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This low literacy diabetes education tool was developed for use with patients of the Virginia Garcia Memorial Healthcare Clinic. Images in this handout may be subject to copyright and further use of this material may require permission of the copyright holder.

INSULIN INSTRUCTIONS

Insulin is different from other medicines. Each person needs a different amount. You won't know how much you need until you start testing.

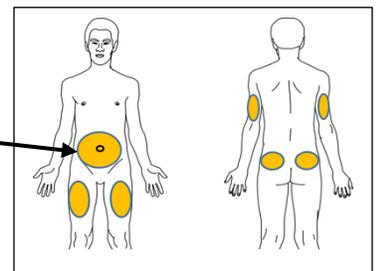
The name of my insulin is: _____

I will use _____ units of insulin _____



I will test my blood sugar a minimum of _____ times a week at _____.

Inject insulin straight into fatty areas of your body.



- Keep your insulin bottle in the fridge.
- Keep your insulin pen at room temperature
- Keep extra pens in the fridge.
- Never freeze insulin.



Open bottles of insulin lose strength after 30 days, so get a new bottle or pen every month.

Keep taking your pills.



Call the clinic if you have problems or questions about your insulin.

If you feel symptoms of **low blood sugar** or if it is **lower than 70** on your monitor:

- Eat 3 glucose tablets, or ½ cup of juice, or 8 crackers, or any other food that contains at least 15 grams of carbohydrate.
- After 15 minutes, test your blood sugar again.
- If your level is still less than 100, then eat 15 more grams of carb.
- Low blood sugar usually happens when you skip a meal.

