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**Insulin Instructions - English**

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Insulin Instructions - English

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

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Disciplines
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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.