

My Insulin Pen Guide

When to Call Your Diabetes Care Team

- ✓ Your blood sugar is less than 70 mg/dl twice in one week or you experience a severe low blood sugar of less than 50
- ✓ Your blood sugar is higher than 250 mg/dl for more than 2 days
- ✓ You are vomiting or are unable to keep fluids down
- ✓ You have had a fever of 101.5 or higher for 24 hours
- ✓ You have been vomiting or having diarrhea for more than 6 hours
- ✓ You have cuts, burns or blisters that don't seem to be healing

AFTER HOURS / WEEKENDS:

Call 911 for a loss of consciousness or life-threatening emergency.

My Insulin
Type
Supplied
Additional Info
Storage Life (once opened) <i>Unused pens are good until expiration date</i>
Dosing Schedule
Timing Before Meals

Reminders

Take good care of yourself. Plan ahead if you are too sick to take your medicines or stay hydrated.

Spend time writing down the contact information of your primary care provider (PCP) and other members of your health care team, and write down the details of your after-hours plan, too. Keep this sheet near your phone and easily accessible to others.

If you need care during regular hours and it's not a life-threatening emergency, **call your PCP first.**

If you need care after hours or on weekends and it's not a life-threatening emergency, **refer to your after-hours plan** for information on the closest walk-in or retail clinic.

Heading to the ER?

If this event is not life-threatening:

Have I called my primary care provider?

Have I considered my after-hours care plan?

Vanderbilt Health
Affiliated Network

My Insulin Supplies

Insulin

Shortest, thinnest needle possible

Alcohol swabs

Sharps container

Blood glucose meter

Test strips

Lancets

INSULIN PENS

Attach a new pen needle to the pen.

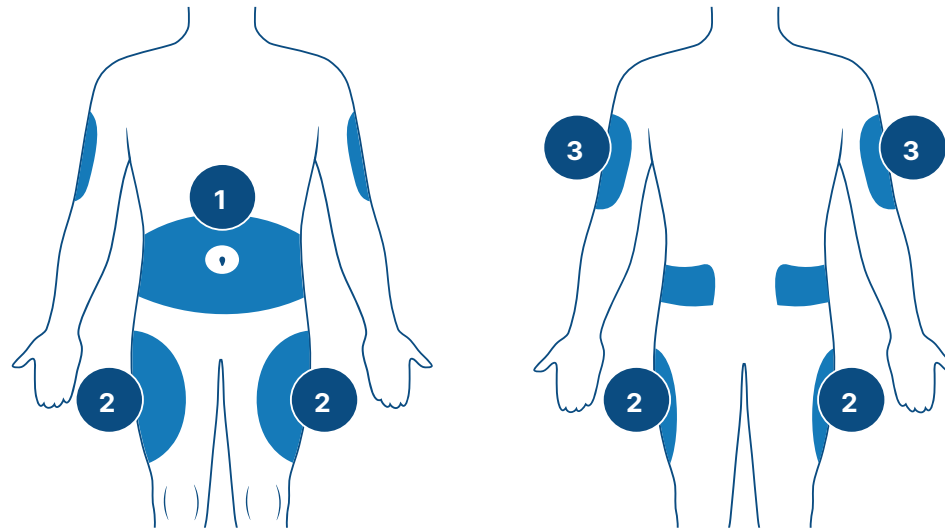
Prime the pen: Remove the cap, point the needle away from you, and dial 1-2 units on the pen. Push the plunger in and make sure that you see insulin come out of the needle (repeat this step if you do not see any insulin come out).

NOTES

Where Can I Inject?

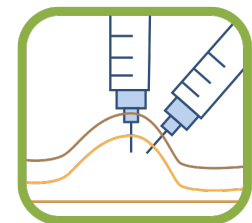
You want to inject into the layer of fat under the skin. Options for injection include the abdomen (staying two fingers away from the belly button), backs of arms, outer thighs, hips or buttocks.

Choose an area of your body that is comfortable for you, and then rotate sites within that section of your body.

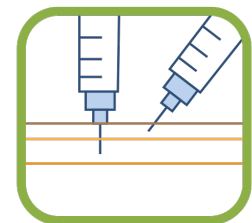


How Do I Inject?

- Turn the dial on the pen to your appropriate dose.
- Gently pinch a one- to two-inch portion of skin and fat between your thumb and one finger at your chosen injection site. Push the needle fully into the skin at a 45- or 90-degree angle.
- Inject the insulin and leave the needle in the skin for 10 seconds.
- Remove the needle from your skin, replace the cap on the used needle, unscrew, and dispose of needle in a sharps container.



with skin fold



without skin fold