

My Insulin Vials 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 vials 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 VIALS

If using NPH or premixed insulin, gently roll the vial in your hand to mix the insulin.

Pull an amount of air that is equal to your insulin dose into a syringe.

Insert the needle into the vial and push all of the air into the vial. Turn the vial upside down and pull the plunger back to fill the syringe with your insulin dose.

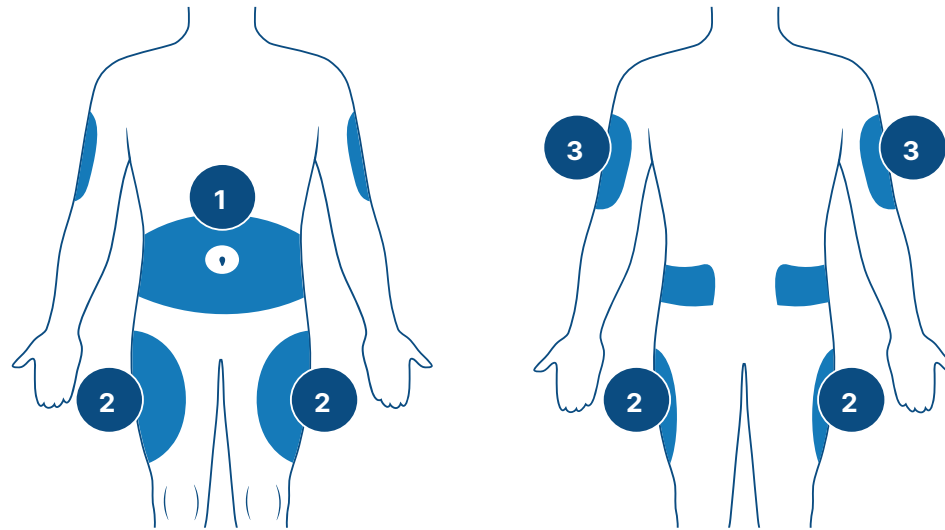
If there are any large air bubbles, push the air back into the vial and then pull the plunger back to your dose.

NOTES

Where Can I Inject?

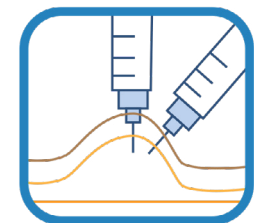
You want to inject into the layer of fat under the skin. Options for injection include the abdomen (staying two fingers away from the belly button), backs of arms, outer thighs, hips or buttocks.

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

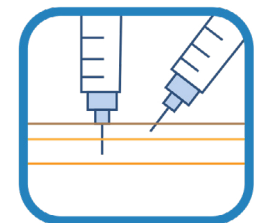


How Do I Inject?

- 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