



**How to use your Insulin Pen:** To obtain the proper dosage, there will be audible clicks as well as a visual dial to calculate how many units are to be administered.

1. Gently pinch up your skin at the injection site. In one smooth, quick motion, push the whole needle into your skin.
2. Move your thumb to the top of the insulin pen. Hold the pen stable and push the injection button down firmly.
3. After you count to 10, pull the needle straight out of your skin.

<https://www.mskcc.org/cancer-care/patient-education/how-use-insulin-pen>

**Different Types of Insulin:** Blood sugar should be taken before administration of ANY insulin. Vials are good for 28 days after opening at room temperature.

- Long acting: Taken DAILY, usually at the same time, onset is 1 hour, there is no peak, and duration is 24 hours. This insulin is used to control blood sugar long term. This is Glargine (Lantus).
- Intermediate Acting: This is NPH and its onset is 1-3 hours, peak is 8 hours, and duration is 12-16 hours. This is used to mimic normal pancreatic function.
- Rapid-Acting: This insulin is administered to cover mealtimes. Onset is 10-20 minutes, peak is 30-90 minutes, and duration is 3-5 hours. This is Aspart (Novolog).

**Activity Recommendations:** It is recommended that you participate in 30-45 minutes of moderate exercise, such as a brisk walk, daily.

**Signs and Symptoms of Hypoglycemia (LOW blood sugar):** Chills, dizziness, irritation, confusion, sweating (diaphoresis), headache, Nausea/Vomiting, anxiety, pallor (pale skin).

**Signs and Symptoms of Hyperglycemia (HIGH blood sugar):** Polyuria (excessive urination), polydipsia (excessive thirst), polyphagia (excessive eating/hunger), fatigue, dry mouth, blurred vision.