

Insulin Injections



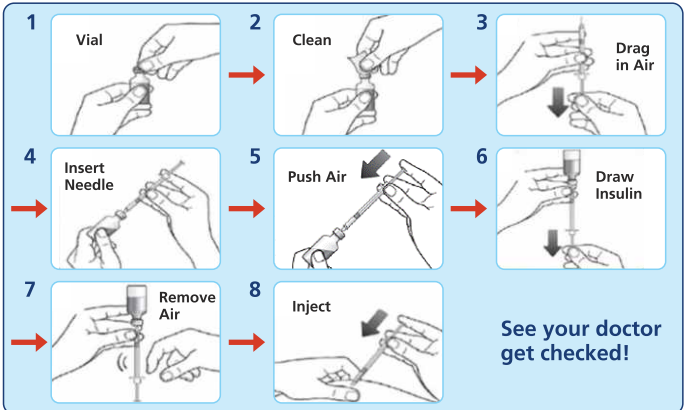
- Insulin is a natural hormone our body creates and needs.
- Insulin should be stored at 2-8°C¹. Insulin in use can be kept at room temperature for 30 days².
- Must take insulin as instructed by doctor and follow instructions of insulin - meal intervals. If the sugars are coming high or low, insulin doses need to be adjusted.
- Must roll insulin vial or cartridge gently before injecting
- While injecting, keep injections about an inch (or two finger widths) apart from previous injection site.



- Stop insulin without doctors advise.
- Keep the insulin in direct sunlight or in the freezer.
- Change insulin type or timings without consulting your Doctor.
- Inject in the same area all the time and into scar tissue or areas with broken vessels or varicose veins.
- Throw loose needles, syringes and vials /pens in rubbish or in open places.



I have type 1 diabetes. This means that my body does not make



Key facts

When people take insulin to manage their blood sugar, they are replacing something their body should normally be making

Insulin injection is the only treatment option currently available for good health of children with type 1 diabetes

1. <http://www.consumermedsafety.org/insulin-safety-center/item/420>. 2. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/insulin/insulin-storage-and-syringe-safety.html> - Accessed on 13 oct 16