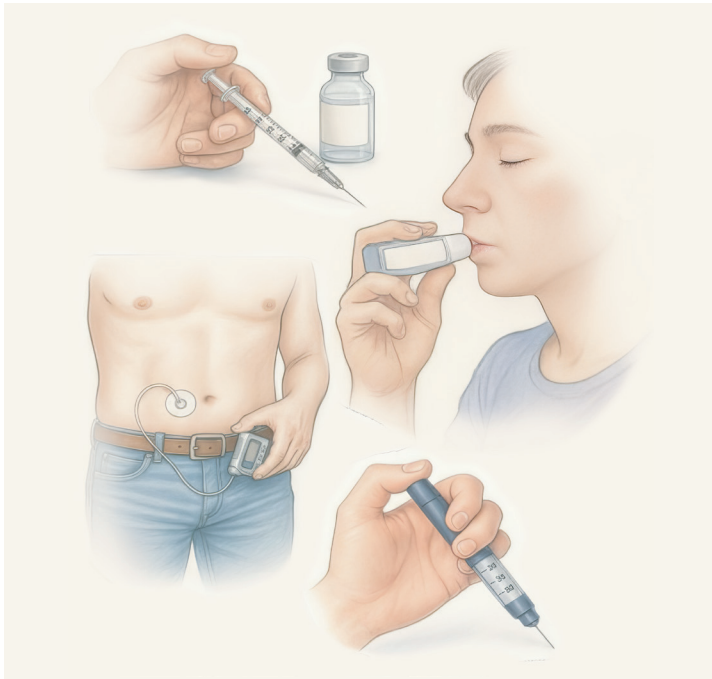




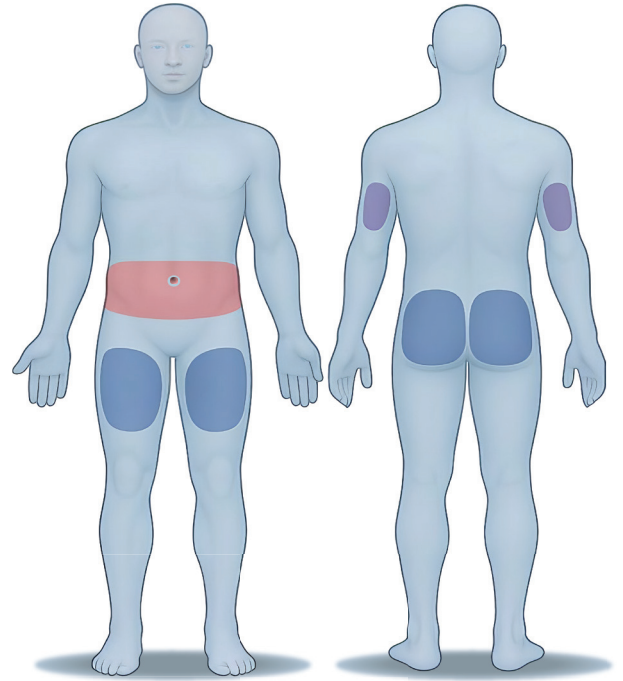
Insulin delivery options:

- Insulin Pen
- Insulin Pump
- Inhaled Insulin
- Insulin Syringe and Vial
- Automated Insulin Delivery (AID)

Site rotation:

Rotate within areas to prevent fatty tissue buildup:

- Fastest absorption: Abdomen
- Slower absorption: Upper arms
- Slowest absorption: Thighs/buttocks



At each health care visit, ask if your insulin dose and delivery method are still right for you. Share any concerns or health changes, and discuss options like switching between injections, AID or inhaled insulin.

Storage:

36°F
to
46°F

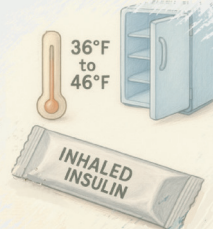


Store all types of unopened insulin in the refrigerator (36°F to 46°F) until expiration date.



Once you open an insulin vial or pen, you can keep it at room temperature for about 28-30 days.

36°F
to
46°F

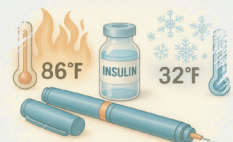


Once you open the foil package for inhaled insulin, it must be used within 10 days.

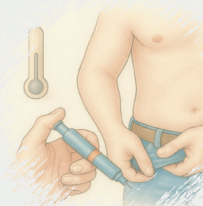
36°F
to
46°F



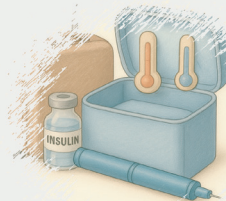
Always store the pen with the cap on to protect it from light and heat.



Insulin doesn't work well in extreme temperatures (less than 36°F, greater than 86°F). If using an automated insulin delivery (AID) device, stay below 98.6°F



Injecting insulin at room temperature is usually more comfortable for your skin than cold insulin.



When traveling, keep insulin at the recommended temperature. Use an insulated bag if needed.



Always carry your insulin and syringes with you in your carry-on bag when traveling. Notify security about injectable medications in your carry-on.

Hypoglycemia:

Know the signs and symptoms such as hunger, sweating, shakiness, confusion and dizziness. Treat hypoglycemia (blood glucose of less than 70 mg/dL) with the 15-15 Rule.

The 15-15 Rule to Manage Hypoglycemia

Have 15 grams of fast-acting carbohydrates (see examples below)

Repeat if blood glucose is not above 70mg/dL

if you are conscious...



If you are unconscious, no food or drink should be offered. A trained person can give glucagon if you have it or call 911. Once conscious, apply the 15-15 rule

Monitor your blood glucose (blood sugar) regularly. Use a blood glucose meter (BGM) or a continuous glucose monitor (CGM) to check your levels. These checks help you know how much insulin you need.

The American Diabetes Association® recommends:

- A blood glucose of 80-130 mg/dl when you wake up and before meals
- A blood glucose of below 180mg/dl one to two hours after starting a meal
- Time in range of 70% or above with CGM

My personal blood glucose targets/time in range: _____

My A1C goal: _____

Complete a Short Survey:



<https://diabetes.org/mealtimeinsulin>