

Tips for taking insulin

Getting ready

- Check the expiry date on the vial or cartridge before using.
- Look at the insulin. Humalog, Novorapid, Apidra, Lantus and Levemir should look crystal clear. After rolling to mix, NPH or N insulin should look evenly cloudy.

Injecting

- Your abdomen is the preferred injection site.
- Injecting into an exercising muscle (arm or leg) can change the action of the insulin.
- Discard needles and lancets into a Sharps container from your pharmacy. Do not put them in the garbage.

Storing

- When you get insulin from the pharmacy, put it in your refrigerator right away.
- Keep the insulin you are using at room temperature. Don't let insulin freeze, sit in direct sunlight or get too hot.
- Keep extra insulin in the refrigerator. Use before its expiry date.
- Once opened (the rubber stopper is punctured), a vial or cartridge is good for a month.

Recording

- Keep a written record of the name, amount (dose) and the time of injection for each type of insulin you use.