

Mixed (Premixed) Insulin

Some names for mixed insulin are:

Humalog Mix 25

Humalog Mix 50

Humulin 30/70

NovoMix 30

Novolin 30/70

Novolin 40/60

Novolin 50/50

There may be other names for mixed insulin.

How fast and long does this insulin work to control blood sugar?

- Starts to work within 10 to 30 minutes.
 - Maximum effect between 2 to 12 hours.
 - Lasts up to 18 hours.
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How to take this insulin

Follow your doctor's or diabetes care provider's advice on when to take this insulin.

Mixed insulin always looks cloudy. Before injecting, gently roll the vial or pen between the palms of your hands and/or rock it slowly to make sure the different strengths of insulin are mixed evenly.

Do not use if white material looks lumpy or white particles stick to bottom or side of glass vials or cartridge.

Your doctor or diabetes care provider will show you how and where to inject this type of insulin.

How long is insulin safe to use?

- Always check the expiry date on the package before using. Never use expired insulin.
- After opening you must use it within 28 days then throw it out.
- You can store opened insulin at room temperature or in the fridge.
- Store unopened insulin in the fridge.
- Never keep insulin close to a stove, microwave, or in a vehicle where it may be too hot or too cold. This destroys insulin.
- Do not put insulin pens in the refrigerator. Keep them at room temperature out of the sun.

While you are taking this medication you may notice:

- low blood sugar

Some signs of low blood sugar are:

- dizziness
- clammy skin
- cold sweat
- tiredness
- slurred speech
- shakiness
- headache
- mood change

Check your blood sugar if you feel any of these symptoms.

If your blood sugar is below 4 mmol/L:

1. Take 15 grams of a fast acting carbohydrate right away.
Taking 15 grams of a fast acting carbohydrate will raise your blood sugar quickly. Examples of 15 grams of fast acting carbohydrates are:
 - Chew glucose or dextrose tablets. Read the package to know how many you need to chew to make 15 grams **or**
 - Drink 175 ml or $\frac{3}{4}$ cup orange juice **or**
 - Drink 175 ml or $\frac{3}{4}$ cup regular pop
2. Wait 15 minutes and check your blood sugar again.
3. If your blood sugar is still below 4 mmol/L, treat again with 15 grams of a fast acting carbohydrate listed above.
4. Repeat these steps until your blood sugar is in your target level.
5. If your next meal or snack is more than 1 hour away, you need to eat $\frac{1}{2}$ sandwich or 6 crackers with cheese to keep your blood sugar greater than 4 mmol/L.

You can talk to your diabetes care provider or pharmacist about other fast acting carbohydrates to carry with you to prevent or treat low blood sugar.

When you are sick:

During a visit with your diabetes care provider, it is important to learn how to look after yourself when you are sick. When you are sick your blood sugar can change a lot and quickly. Follow the sick day plan you get from your diabetes care provider. Here are some general guidelines:

Blood sugar tends to go up on sick days. Test your blood sugar every 4 hours while you are feeling sick.

If you are sick, not eating and your blood sugar is less than 4 mmol/L, do not take mixed insulin.

If you are able to keep sugary fluids down, drink some sugary fluid every hour that you are awake. Take mixed insulin according to your blood sugar tests. Your doctor or diabetes care provider will tell you how to do this.

When you are sick (continued)

Examples of sugary fluids are:

- 80 ml or 1/3 cup gingerale, apple juice or Kool-Aid[®]
- ½ popsicle
- 60 ml or ¼ cup Jello[®]

Contact your doctor or diabetes care provider if you:

- have continued low blood sugars
- vomit more than 2 times in 12 hours
- have diarrhea for more than 12 hours
- do not know what to do to take care of yourself

Stay safe

- Blood sugar must be over 5 mmol/L for you to drive.
- Always wear or carry medical alert information.