



Understanding your insulin

- You need to take 1 or 2 types of insulin to help control your blood sugars during your pregnancy.
- Insulin is very safe and does not affect your baby.

	 Day-time insulin <input type="checkbox"/> Yes <input type="checkbox"/> No	 Night-time insulin <input type="checkbox"/> Yes <input type="checkbox"/> No	
Name:	Humalog or Novorapid	<input type="checkbox"/> NPH (N)	<input type="checkbox"/> Levemir
Looks:	Clear	Cloudy	Clear
Starts to work:	Within 5 minutes	2 hours	2 hours
Peak action at:	1 to 2 hours	6 to 8 hours	Stays steady, no peak
Works for:	3 to 4 hours	12 to 16 hours	22 to 24 hours
What it does:	<ul style="list-style-type: none"> • Lowers your after-meal blood sugar into the target range of 6.7 or less. 	<ul style="list-style-type: none"> • Keeps your blood sugar in the normal range overnight. • Helps keep your morning (fasting) blood sugar in the target range of 5.3 or less. 	
Directions:	<ul style="list-style-type: none"> • Take it with these meals: <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner • Start taking 1 unit of insulin for _____ grams of carbohydrate you plan to eat at your meal. • Example: If you were planning to eat 60 grams of carbohydrate, you would divide 60 by _____ and take _____ units of insulin for this meal. 	<ul style="list-style-type: none"> • Take it about the same time every night. • Start taking _____ units of NPH (N) or Levemir every night. • <u>You</u> may adjust your night-time insulin dose by 2 units every 3 days, until you reach your fasting blood sugar target. 	