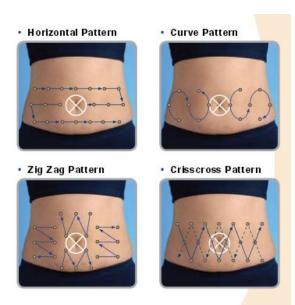
Changing your injection sites

It is important to change where you inject your insulin each time you inject. This will help to ensure your insulin is absorbed properly and prevent the buildup of lumpy deposits.

You can choose a number of ways to ensure you rotate your injection sites to avoid using the same place. Some examples are shown:



Other factors that can also affect your insulin absorption are exercise, heat and injecting into old sites or scar tissue. You should always avoid injecting into any lumps you may have from previous insulin injections

Remember to contact your diabetes team or GP if you have any concerns

Further information

Diabetes New Zealand provides lots of information about diabetes.

www.diabetes.org.nz

WDHB Diabetes Service

09-4868920 ext 42505







How to use your insulin pen

What you need to know



Step by step instructions

Before starting, always check you have the correct insulin when it expires.



- PEN: Open a new needle and attach it to your insulin pen before your first injection of the day. We recommend using 4mm needles.
- 2. MIX: If your insulin is cloudy it will need to be mixed. Do this by gently rotating the pen up and down at least 20 times until the insulin is evenly mixed.
- 3. PRIME: Remove the needle cap. Dial up 2 units and press the plunger, checking to see if a good flow of insulin comes from the tip of the needle. Repeat until insulin does flow freely.
- 4. INJECT: Dial up your insulin dose and inject. After pushing the plunger to completely deliver the insulin, leave the needle in your skin for a count of 10 seconds before withdrawing it.
- 5. Disposing of the needle: Change your needle on the insulin pen daily. Remove the needle from your pen and dispose of it into a sealed/sharps container. Your pharmacy will advise you of safe disposal.

Your insulin and when to take it

You may be on different types of insulin. Your Dr/nurse/specialist will guide you what is the best time for you to take your insulin and write it in the table below.

Your insulin	Breakfast	Lunch	Dinner	Bedtime

Your	. is your	meal time	insulin.	It needs	to be	taken	when	you eat
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How to store your insulin

- You can keep the insulin pen you are currently using at room temperature. Once you start using an Insulin pen please DO NOT put it back in the fridge. Avoid leaving it the sun or in particularly hot or cold places this is especially relevant when travelling. You should keep your spare insulin in the refrigerator.
- Change your insulin cartridge or disposable pen every month (if not already used within that time).

When to test your blood glucose (blood sugar)

Testing your blood glucose is **important** as it helps you and your GP/diabetes team see if the insulin type and dose is working correctly. You will be advised on the times you should be testing. If you test at meal times please try to test blood glucose levels before you eat. It is good to write down your numbers in a log book/diary.

Please make sure you bring your blood glucose readings to your clinic appointments so your treatment can be adjusted to suit you. Bring your Log book and glucometer.

Before	Before	Before	Bedtime	2am
breakfast	lunch	dinner		