

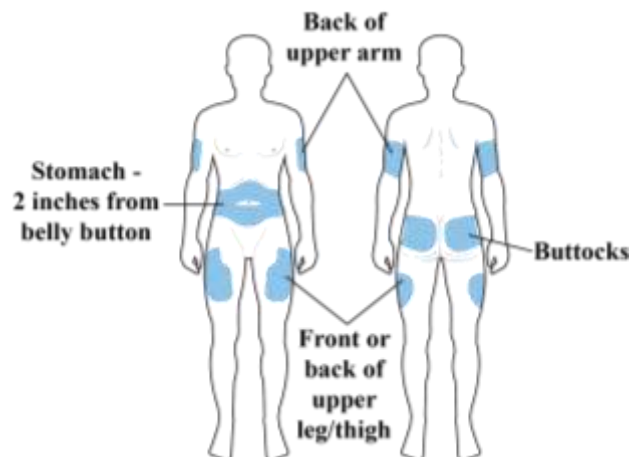
## GUIDE TO USING INSULIN

### What do I need to know about insulin?

- Insulin lowers blood sugar levels by moving sugar (glucose) from the blood into the cells of your body. Once inside the cells, sugar provides energy. Insulin lowers your blood sugar whether you eat or not. *For this reason, you should eat on time if you take insulin.*
- Insulin helps keep your blood sugar in your target range which helps prevent complications from diabetes. This is why you should monitor your blood sugars if you take insulin. See “**Understanding Your Blood Sugar Results**” for more information.
- See “**Quick Reference Guide to Insulin**” for the types of insulin and how they work.
- See “**My Insulin Instructions**” for the name(s) of your insulin, doses, and when you should give it.

### How should I inject insulin?

- You take insulin as a shot using a syringe or pen device with a short needle.
- You inject insulin just under the skin in the shaded areas on the picture:
  - Stomach area - at least 2 inches away from the belly button
  - thigh or buttock
  - back of the upper arm (if someone else is injecting the insulin)
- It is important to stay in the same general area but to ROTATE where you inject the insulin within that area.
- Do not inject into a scar.
- See “**How to Inject Insulin with a Syringe**” or “**How to Inject Insulin with a Pen**” for more information.



### Why should I check my blood sugar (glucose)?

- Checking your blood sugar and keeping a log tells you if your blood sugars are in your target range. Ask your healthcare team how often to check your blood sugar.
- If you feel like you are having low blood sugar (hypoglycemia), check your blood sugar and treat low blood sugar with 15 grams of quick acting carbohydrates. See “**Low Blood Sugar (Hypoglycemia)**” for more information.

### What should I expect?

- If you are just starting on insulin, your blood sugars should be lower and you should start to feel better (not always tired, not always hungry or thirsty, less blurry vision).
- Your insulin doses may be changed based on your blood sugar levels and other factors.
- Carry an updated list of your medications with you.