

When to Call your Diabetes Care Team:

- Your Blood Sugar is less than 70 mg/dl twice in one week or you experience a severe low blood sugar of less than 50.
- Your blood sugar is over 250 mg/dl for more than 2 days
- You are vomiting or are unable to keep fluids down
- You have a fever of 101.5 or higher that last 24 hours
- You have been vomiting or having diarrhea for more than 6 hours.
- Cuts, burns or blisters on skin that do not seem to be healing.

AFTER HOURS / WEEKENDS:

- Call 911 for a loss of consciousness or life-threatening emergency
- Find a **Quick Care Option** at: <https://www.vhan.com/>
- Or text your zip code to **615-908-2273** for nearby care

MY INSULIN	
Type	
Supplied	
Additional info	
Storage Unused vials and pens are good until expiration date	Once opened good for:
Dosing Schedule	
Timing before meals	

Reminders:

- Take good care of yourself, plan ahead if you are too sick to take your medicines or keep hydrated
- Call your PCP first
- After hours/weekends refer to your emergency plan

My Insulin Guide

MY INSULIN SUPPLIES ✓

Insulin (either vials or pen)	
Shortest thinnest needle possible	
Alcohol swabs	
Sharps container	
Blood Glucose meter	
Test strips	
Lancets	

Insulin Vials

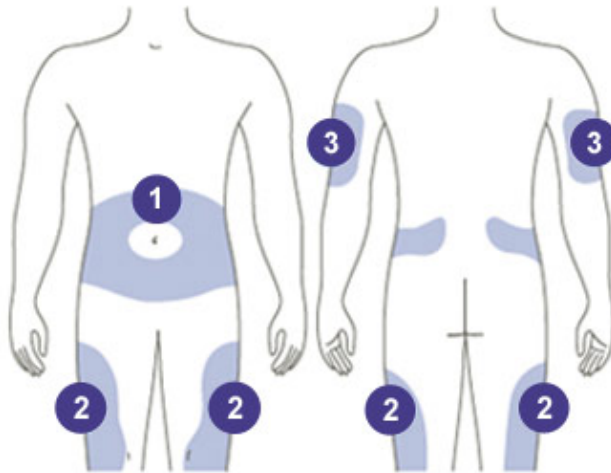
If using NPH or premixed insulin, gently roll the vial in your hand to mix the insulin

Pull an amount of air that is equal to your insulin dose into a syringe

Insert the needle into the vial and push all of the air into the vial. Turn the vial upside down and pull the plunger back to fill the syringe with your insulin dose.

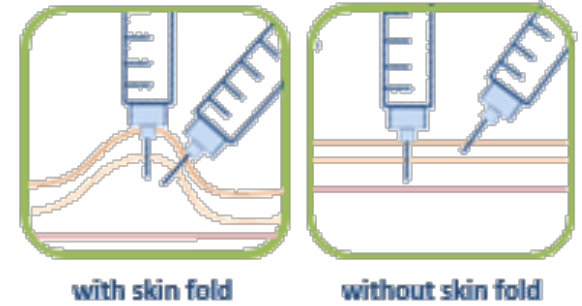
If there are any large air bubbles, push the air back into the vial and then pull the plunger back to your dose

Where can I inject?



You want to inject into the layer of fat under the skin. Options for injection include the abdomen (staying two fingers away from the belly button), backs of arms, outer thighs, hips, or buttocks.

Choose an area of your body that is comfortable for you and then rotate sites within that section of your body.



How to Inject?

Remove the needle from the vial. Gently pinch a one to two inch portion of skin and fat between your thumb and one finger at your chosen injection site.

Push the needle fully into the skin at a 90 degree angle. Inject the insulin and leave the needle in the skin for 5 seconds

Remove the needle from your skin and dispose of in a sharps container

Notes: