

A patient's guide to using insulin

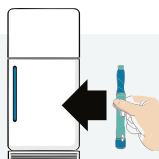


Signs of low blood sugar (hypoglycemia)

- Sweating heavily
- Anxiety
- Palpitations
- Tingling of the lips
- Dizziness
- Hunger
- Going pale

Insulin bottles or pens

If not opened, it is best stored in the refrigerator until expiration date



Be careful not to freeze insulin



Write the opening date on the insulin vial/pen



Store opened insulin at room temperature (below 30°C) for 28 days



Keep away from direct heat and light

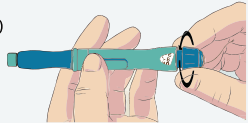


Insulin Pen Instructions

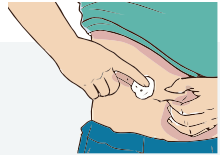
Wash your hands



Set the needed insulin dose. Tap the pen a few times to let any air bubbles rise to the top

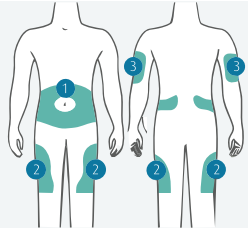


Select injection site and clean the area with alcohol swab

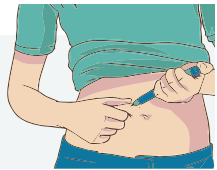


Recommended sites:

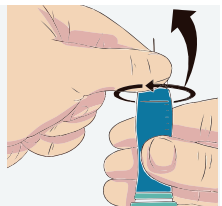
- (1) Abdomen
- (2) Outer area of the thighs,
- (3) Outer area of the upper arms where there is fatty tissue to absorb the dose



When injecting insulin, count from 6-10 seconds before removing, to get full dose

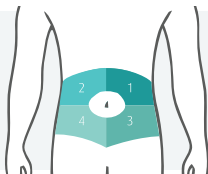


Discard the needles in the sharp objects container, and dispose of the container appropriately after closing it well



Remember to

Rotate your injection sites to avoid any scarring, redness, or hardness of the skin



Eat regular meals, four to five hours apart. Do not skip meals. If a meal is delayed, you may need a snack

