

Insulin Tips for Better Diabetes Management

Insulin Use

For best results using insulin, remember to:

- Mark your vial or pen with a permanent marker with the date it was opened
- Rotate your injection sites
- Avoid areas that feel hard, tender or that look red
- Always carry fast-acting sugar (glucose tabs or hard candy)
- Consider carrying a wallet card with instructions on how to treat low blood sugar
- Always wear a medical alert emblem (bracelet, necklace, watch tag) and a medical ID card that states you have diabetes and are on insulin

Insulin Troubleshooting

There are two ways to tell when insulin is no longer any good:

- a change in appearance
- poor performance

Change in appearance of insulin:

- Cloudy when it is supposed to be clear
- Looks stringy
- Has changed in color
- Is supposed to be cloudy but it has clumps, even after rolling it between your palms

Expect poor performance of insulin when:

- Your vial/pen has been open for longer than the recommended days
- You have a lot of punctures in the rubber stopper because you take very small doses of insulin and you're getting close to the end of the bottle
- Also, if you're going to be outdoors for a while in hot weather, store your insulin in an insulated case

If you think your insulin has gone bad, **DON'T take any chances.** Call the pharmacy or the Disease Management nurse and ask for assistance.



For more information, call
CCHP Disease Management Program Nurse 925-864-3189