

12- Insulin (first part)

Insulin, a hormone produced by the beta cells in the pancreas, is essential for using the glucose in the blood, by carrying it into the cells, which use it to produce energy. Insulin is the “key” that opens the door of the cells to sugar and therefore lowers the level of sugar in the blood.

How to administer it



When the pancreas no longer produces or produces insufficient quantities of insulin, it must be administered from the outside, with an injection into the subcutaneous tissue.



Insulin cannot be administered orally and must be injected subcutaneously, using a special syringe or a pen with a needle.

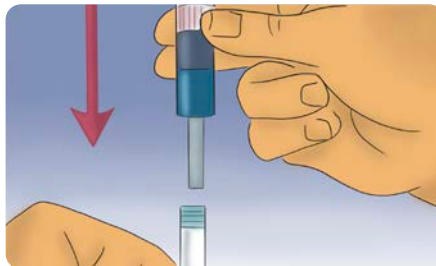


The type of insulin, doses and administration regimen, i.e. how many units to inject and when (at mealtimes and before going to bed) are prescribed by a doctor.

How to use an insulin pen



The pen consists of a disposable needle, a prefilled insulin cartridge and a face for selecting the number of units to be injected by turning the dial.



Premixed insulins (30/70, 50/50, 70/30) should be turned upside-down several times in order to shake them gently, before administration.



Before each injection, check the pen and needle work properly by dispensing a few units as a test. At the end of the injection, count to 10 before withdrawing the needle from the skin.

Remember that...



Pens that are in use should be stored at room temperature. Store other pens on the bottom shelf of a fridge (not in a freezer).



Insulin can become less effective after exposure to extreme temperatures. A small insulated bag is ideal when travelling or on the go for work.



Do not skip or delay a meal after injecting insulin, as this could result in a hypo.