

Why are these medications used?

It is used to treat type I and type II diabetes mellitus.

How should these medications be used?

- Follow your health care providers instructions on how often you should take the medication
- Don't stop or use more/less medication until your health provider tells you to. It is a long term therapy
- The abdomen is the preferred site for insulin injection.
- The sites of injection must be rotated in order to prevent erosion of the fat beneath the skin, a condition called lipodystrophy (a lump or small dent in the skin that forms when a person keeps performing injections in the same site.

What Special precautions should I follow?

- Inform your health care providers if you have kidney or liver problems.
- Inform your health care providers if you are pregnant, breastfeeding.
- Pregnancy: Insulin is the drug of choice for controlling diabetes mellitus during pregnancy, that is, it is preferred over oral drugs to reduce blood sugar. Regular human insulin is preferred over insulin Aspart or insulin Glargine during pregnancy

What special precautions should I follow in diet?

Diabetes is one of the few diseases where food monitoring is one of the treatments. The carbohydrate, fat and protein content of daily meals determine blood glucose levels. It's important to keep them in balance.

How should I store these medications?

- Unopened insulin should be stored in a refrigerator between 2 and 8C (36 and 46F).
- It should not be placed in a freezer.
- Insulin vials that are being used can be kept at room temperature for up to a month.
- All vials should be protected from light and excessive heat.
- Unused insulin should be thrown away after the expiration date. Discard the expired medicines by poured over paper towels. Put them in resealable bag, empty can, or other container to prevent medication from leaking or breaking to minimize the chance of accidental poisoning of children and pets.

What should I do if a dose is missed?

You should take the long acting even if it's after your breakfast because the long acting actually is what keeps your lunch numbers down

If you miss a dose, take it as soon as you remember. If it is near the time of next dose, skip the next dose and resume your usual dosing schedule. Do not double the dose to catch up.

What side effect can these medications cause?

You may experience the followings but if these effects are bothersome and do not go away tell your health care provider.

- Hypoglycemia is the most common side effect that may occur during insulin therapy. Symptoms of hypoglycemia include confusion, nausea, hunger, tiredness, perspiration, headache, heart palpitations, and numbness around the mouth, tingling in the fingers, tremors, muscle weakness, blurred vision, cold temperature, excessive yawning, irritability, and loss of consciousness.
- Patients may experience blurred vision if they have had elevated blood sugar levels for a prolonged period of time and then have the elevated levels rapidly brought to normal.