

HOW TO INJECT INSULIN?



Conseil Cri de la santé et des services sociaux de la Baie James

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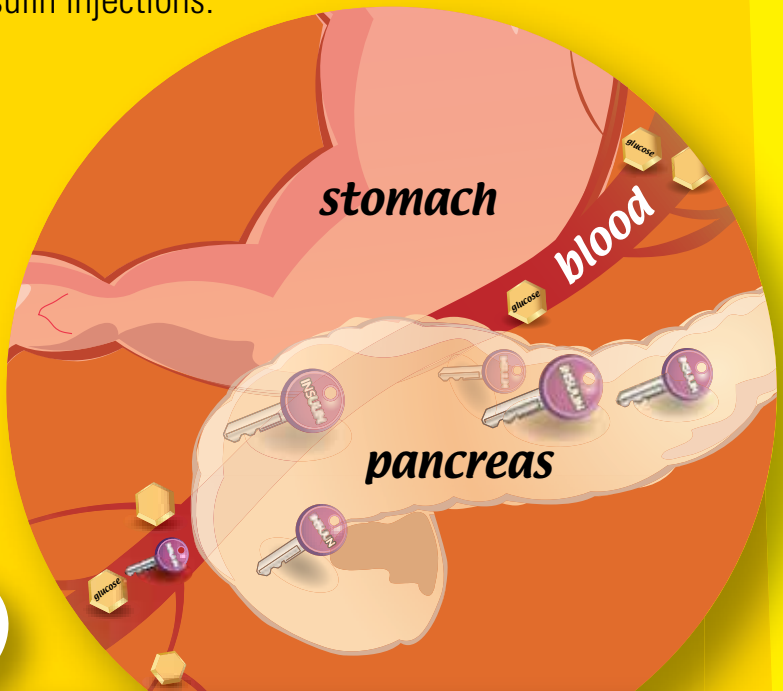
Cree Board of Health and Social Services of James Bay

TYPE 2 DIABETES

Type 2 diabetes is when your body is unable to use the insulin it makes.

At the beginning of diabetes, healthy blood glucose level can be reached through regular physical activity, healthy eating and by taking diabetes pills.

Over time, your pancreas makes less insulin. You will need insulin injections.



DID YOU KNOW

- Insulin from injection is similar to insulin made by your body
- Insulin can't be made as a pill. It has to be injected

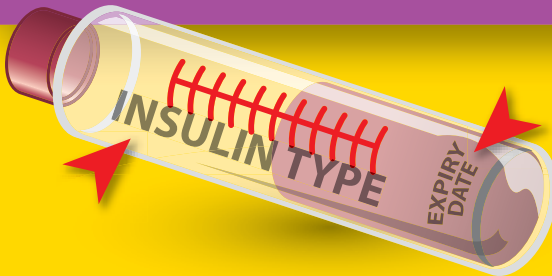
INSULIN

To inject insulin you will need:

- Insulin pen
- Needles (4 mm, 6 mm or 8 mm)
- Insulin cartridge



Always check **the type** of insulin and **expiration** date on the cartridge.



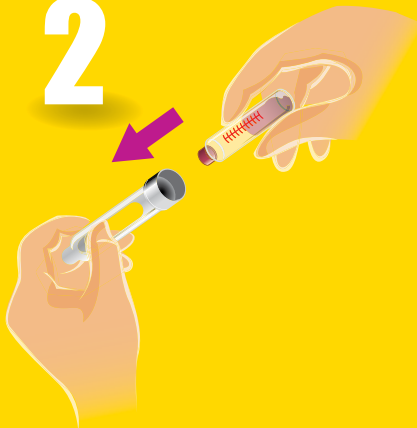
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LOAD OR CHANGE A CARTRIDGE

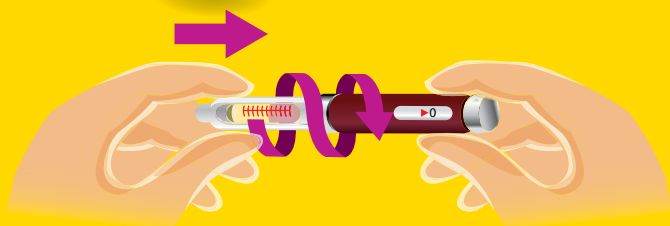
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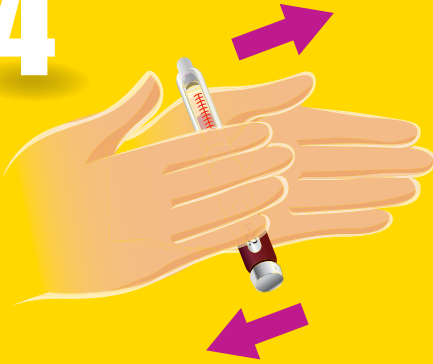


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HOW TO INJECT INSULIN

WHEN YOU USE CLOUDY INSULIN,
MIX IT WELL

4

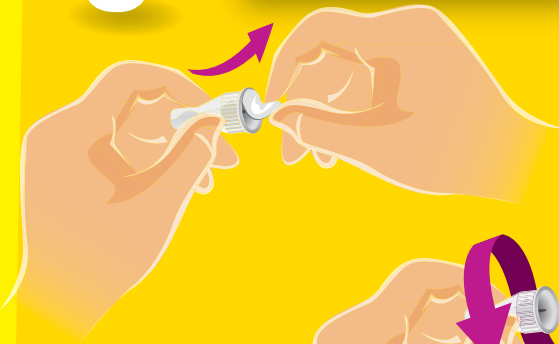


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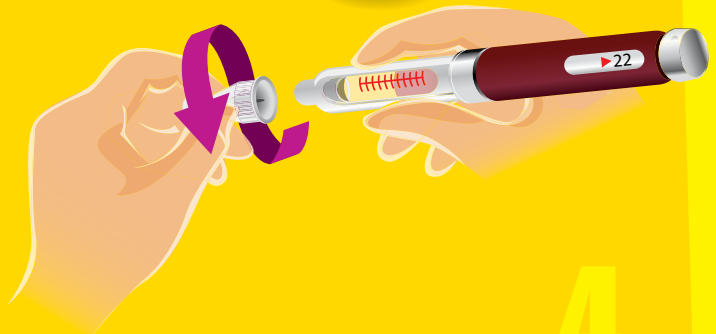


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ATTACH THE NEEDLE



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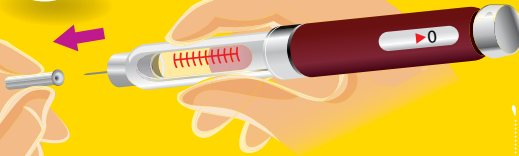
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**WHEN USING A NEW CARTRIDGE,
REMOVE BUBBLES FROM YOUR PEN**

8



9



10

**WHEN REMOVING BUBBLES HOLD
THE PEN UPRIGHT**



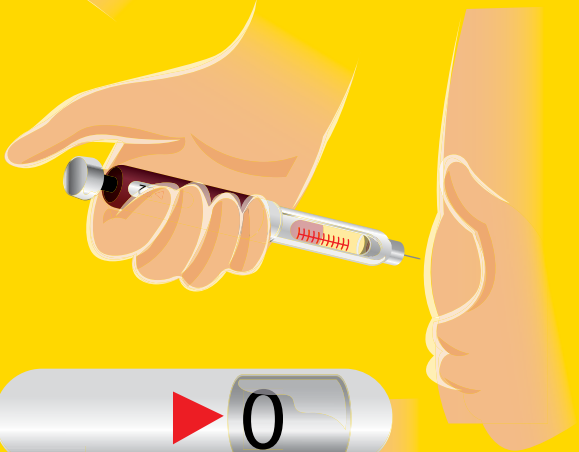
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SET YOUR DOSE AND INJECT YOUR INSULIN

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12



13



Count to 10 before
removing the needle.

6

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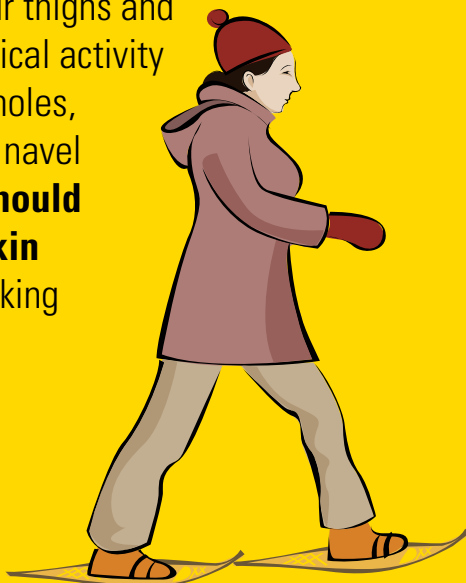
Before the injection, make sure:

- You use 2 pens of different colour if you use 2 types of insulin
- You take the right insulin at the right time (bedtime or mealtime)



During the injection, for better absorption:

- Avoid injecting in your thighs and arms if you plan physical activity
- Avoid injecting into moles, scars and next to the navel
- **No drop of liquid should come out of your skin**
- Count to **10** before taking the needle out



After the injection:

- Apply a gentle pressure for few seconds

LIPOHYPERTROPHY

Lumps under your skin may appear if you **always** inject insulin in the same few spots. This is called **lipohypertrophy**.

Do not inject in the lumps, as it may:

- Take longer for the insulin to be absorbed
- Be harder to control blood glucose with the same dose of insulin
- Become bigger with time



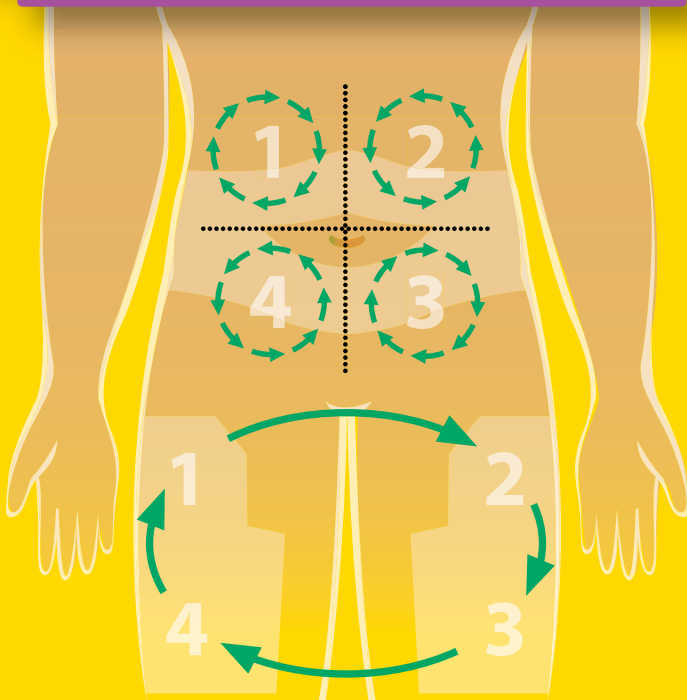
Avoid injecting in the **lumps** for at least 2-3 months until you can't feel **the lump** under your skin.

LIPOHYPERTROPHY

To prevent **lumps** under your skin:

- **Change injection sites** and use your index finger thickness to space injection spots (about ½ inch apart)
- Use **4 mm** needles
- **Change needle** after 4 to 5 injections or when you feel pain as you inject insulin
- **Check your injection sites**

If you find lumps, talk to your healthcare team. You might need insulin adjustment.



STORING INSULIN

- Keep the insulin cartridge **in your pen at room temperature**. It can be painful to inject cold insulin
- Keep insulin away from direct sunlight, extreme heat or cold
- Store unused cartridges in the refrigerator or cooler
- Don't freeze insulin cartridges
- Store insulin pens and needles in a safe place out of the reach of children

DISPOSING OF THE NEEDLES

- Place used needles in a hard plastic container with a tight lid (like a bleach container)
- Close the lid after each use
- Bring your container to the clinic when full



LEARN TO THINK LIKE A PANCREAS!



**ASK QUESTIONS ABOUT INSULIN
AND GET SUPPORT FROM
YOUR HEALTH CARE TEAM.**

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<http://creehealth.org/library/inject-insulin>

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