

Do not inject yourself within two (2) inches of your belly button.

The same injection site should not be used more than once per month.



Everyone is unique and you will respond differently to each type of insulin, so individualize these times by your own experience and blood glucose testing results.

Insulin	Colour	Onset (Starts)	Peak (Hours) Works Hardest	Duration (Hours) Lasts
Novorapid Humalog/Lispro	clear	10 - 15 minutes	60 - 90 minutes	4 - 5 hours
Regular/Toronto Humulin R	clear	30 min - 1 hour	2 - 4 hours	5 - 8 hours
Novolin NPH Humulin N	cloudy	1 - 3 hours	5 - 8 hours	16 - 24 hours
Levemir/Detemir Lantus	clear	90 minutes	No peak	24 hours
Novolin 30/70 Humulin 30/70	cloudy	30 min - 1 hour	2 - 8 hours	12 - 24 hours
Novolin Mix 30 Humulin Mix 25	cloudy	10 - 15 minutes	1 - 4 hours	12 - 24 hours

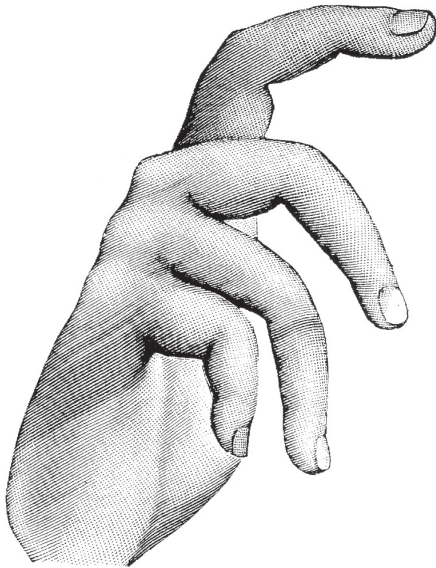
* Adapted from the Canadian Diabetes Association's 2003 Clinical Practice Guidelines.

Points to Remember about your Insulin:

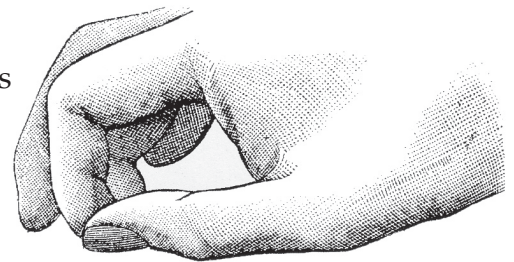
- The ABDOMEN gives the FASTEST and most CONSISTENT absorption, therefore, is the preferred site of injection for all insulin, except Lantus and Levemir which are absorbed equally from all sites.
- The same injection site should not be used more than once per month. Rotation of sites is very important to give consistent absorption.
- Use a new pen needle or syringe with each injection. It is not recommended to re-use pen needles or syringes.
- Mix cloudy insulin well by rolling or gently mixing 20 times.
- Keep EXTRA insulin supply in the refrigerator.
- Keep the insulin you are using at room temperature, avoiding extreme heat, freezing or direct sunlight. Insulin is stable at room temperature for 30 days.
- Be aware of the expiry date on the insulin vial/cartridge.



Tips for Blood Sugar Testing



- Wash your hands with warm water. This will clean the skin and may help to get more blood to the surface.
- Massage the palm of your hand while letting your hand hang downwards, this allows as much blood as possible to flow to the finger.
- Use your needle only ONCE. Using needles more than once can cause finger injury and pain.
- Applying lotion to your fingertips may help soften and soothe them.



- Be aware of expiry date of blood glucose monitoring strips.

Tips for Disposal of Sharps

- All sharps should be properly containerized in a hard plastic bottle (i.e. Javex, Downey, Liquid Laundry Detergent) and sealed. Soft plastic bottles such as milk jugs, or anti-freeze bottles should NOT be used. NO GLASS containers will be accepted.
- The city's Household Special Waste Depot (HSWD) facility is open from the beginning of May until the end of October each year, on Thursday and Friday from 9:00 am – 6:00 pm, and Saturday from 9:00 am – 4:00 pm. Sharp containers that are brought to the HSWD will be properly disposed through a pathological waste contractor instead of at our local landfill. This is the preferred way to dispose of your sharps.
- Sharps will no longer be accepted with the regular curbside garbage collection. All pharmacies have agreed to collect sharps between November 1 and the end of April.
- If you have any questions or concerns, do not hesitate to call the Department of Public Works and Transportation at 759-5201.

Finding it difficult to bring your sharps to the Household Special Waste Facility Depot?

Your local Sault Ste. Marie & District Branch of the Canadian Diabetes Association (CDA) located at 134 Northern Avenue (759-1233) would be pleased to help. Drop off your sharps (properly containerized) and at the same time become familiar with the services your branch office has to offer.



- Mix cloudy insulin well by rolling or gently mixing 20 times.
- Clean rubber end with alcohol swab.
- Apply new needle and tighten. Remove caps.
- Prime pen with 2 units of insulin before every injection. Repeat until you see insulin squirt out of needle.
- Dial pen to insulin starting dose _____
- Insert needle straight into abdomen.
- Push the button at the end of the pen completely until dial returns to 0.
- Leave needle under skin for at least 6 seconds--count to 6.
- Remove needle from abdomen.
- Carefully replace large outer cap onto needle and untwist.
- Place capped needle in plastic disposable container.
- Always use a new needle for each injection.
- Needle cap should be removed prior to storing pen to avoid leakage of insulin.