



MY INSULIN

DIARY

30 TIPS

Which can change your life



**THE NEED FOR INSULIN
THERAPY** DOES NOT MEAN
THAT YOU HAVE FAILED TO
CONTROL YOUR DIABETES.

**INSTEAD, THE NEED FOR
INSULIN** IS DUE TO THE
PROGRESSION OF YOUR
DIABETES



Relax. There are many people who take insulin daily to manage their diabetes.

Today I have taken my insulin:

☐

Yes

☐

No

FPG: PPG:



When people take insulin to manage their blood sugar, they are replacing something their body once used to make naturally.

Today I have taken my insulin:

☐

Yes

☐

No

FPG: PPG:



Every person is different.

So each person needs their own dose of insulin as calculated and adjusted by the treating physician. It is based on your needs, weight, eating pattern and on the desired characteristics of the insulin.

Today I have taken my insulin:

☐

Yes

☐

No

FPG: PPG:



It is essential to follow the exact brand, the exact units and the timing of taking insulin, which the doctor has prescribed.

Today I have taken my insulin:

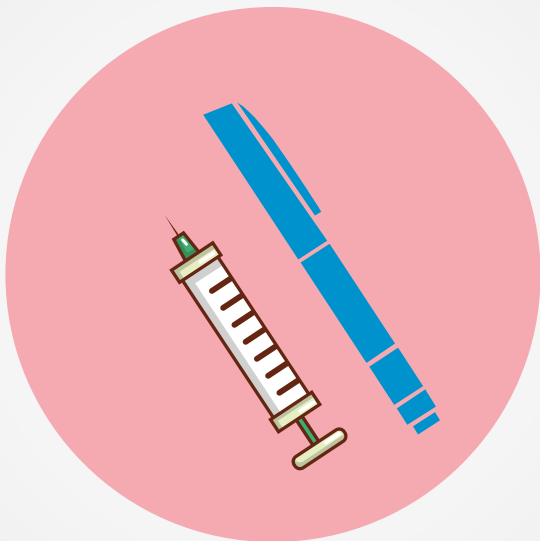
☐

Yes

☐

No

FPG: PPG:



It is a good practice to also ask the doctor for a prescription of insulin injecting device like a pen or syringe.

It is essential as the syringes need to match the insulin. U-100 insulin should be taken with a U-100 syringe. U-40 insulin should be taken with a U-40 syringe.

Today I have taken my insulin:

☐

Yes

☐

No

FPG: PPG:



Make sure that insulin is the last thing which you buy while you are out in the market, so that the cool chain is maintained.

Today I have taken my insulin:

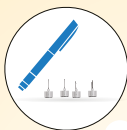
☐

Yes

☐

No

FPG: PPG:



Buy sufficient insulin needles along
with your insulin to make your
experience comfortable.

Today I have taken my insulin:

☐

Yes

☐

No

FPG: PPG:



Checking for particles or discoloration of the insulin is essential. If there is any of these in the insulin, do not open it and return it to the pharmacy.

Today I have taken my insulin:

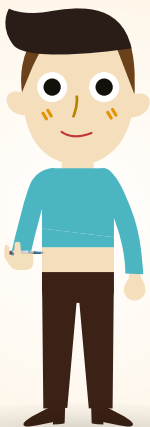
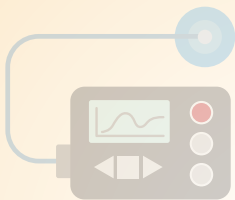
☐

Yes

☐

No

FPG: PPG:



Taking insulin yourself gives you
independence, confidence and
flexibility to live your life,
your own way.

Today I have taken my insulin:

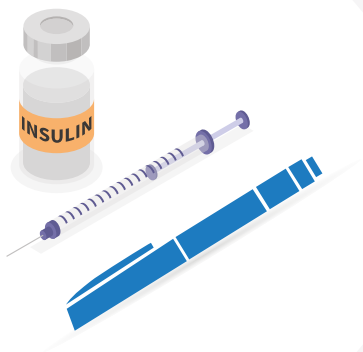
☐

Yes

☐

No

FPG: PPG:



To inject your insulin, you have 2 choices - You can inject with an insulin pen or an insulin syringe. Insulin pen is easier and convenient to use and carry. Also, you will not feel any fear while using it.

Today I have taken my insulin:

☐

Yes

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No

FPG: PPG:



For taking injection in the upper arm one may require assistance.

Today I have taken my insulin:

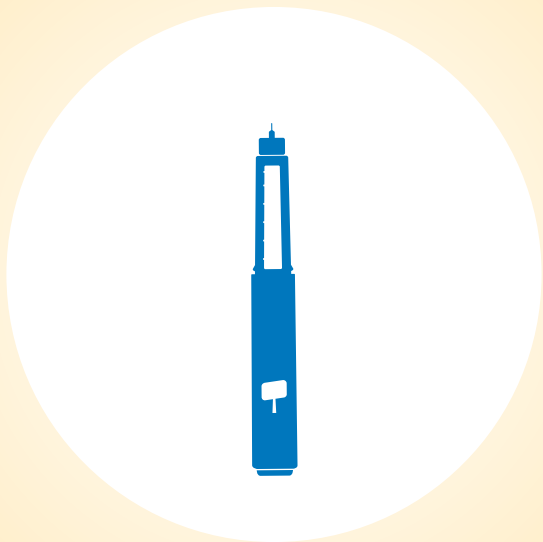
☐

Yes

☐

No

FPG: PPG:



Take your insulin pen. Put the needle
and you are ready for your first
insulin dose.

Today I have taken my insulin:

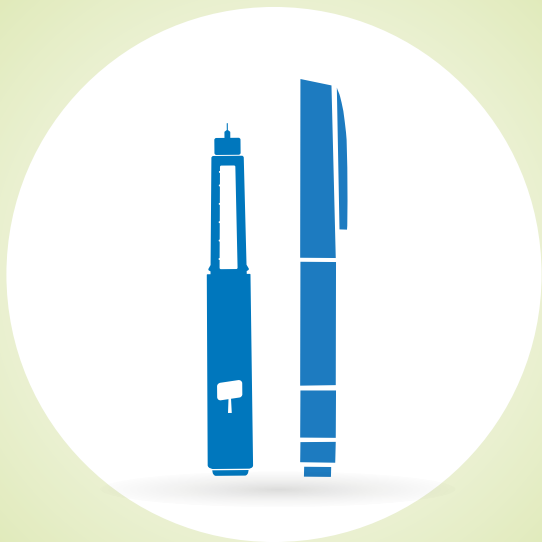
☐

Yes

☐

No

FPG: PPG:



Before each injection make sure that your pen has a good insulin flow by dialing 1 or 2 units, especially when it is a new cartridge. Hold the pen upright, press the plunger and you should see a drop of insulin on the Novofine[®] needle tip.

Today I have taken my insulin:

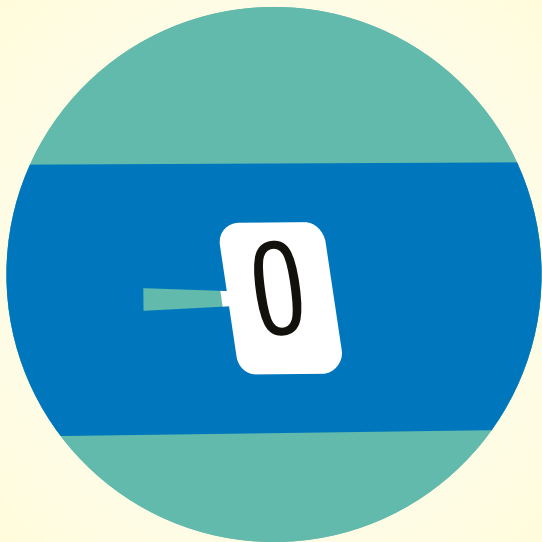
☐

Yes

☐

No

FPG: PPG:



Check that the dosage selector is
set at zero and dial the
desired dose.

Today I have taken my insulin:

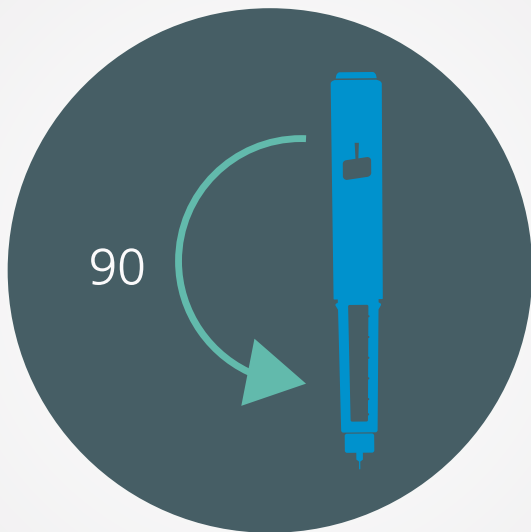
☐

Yes

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No

FPG: PPG:



Gently insert the needle at 90 degree beneath the skin. Do not use an alcohol swab on your skin or the needle as it removes the silicon coating of the needle and makes the injection painful.

Today I have taken my insulin:

☐

Yes

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No

FPG: PPG:



After the plunger is pushed in, leave the needle in the skin for at least 10 seconds. This will allow the last drops of insulin to be completely injected.

Today I have taken my insulin:

☐

Yes

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No

FPG: PPG:



It is essential to roll the insulin vial or cartridge gently before injecting especially if it is milky or cloudy.

Today I have taken my insulin:

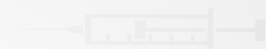
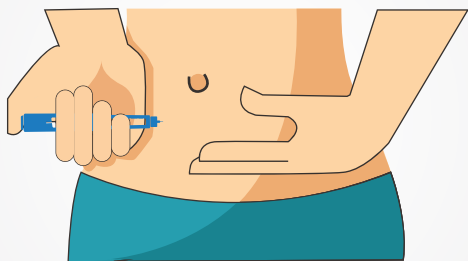
☐

Yes

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No

FPG: PPG:



It's best to use the same part of the body for daily injections as insulin is absorbed at different speeds from different parts of the body. For example, one should not inject the morning dose in the abdomen on Sunday and in the thigh on Monday.

Today I have taken my insulin:

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Yes

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No

FPG: PPG:



However, one can use the abdomen
for the morning dose, arm for
afternoon and thigh for evening
injections.

Today I have taken my insulin:

☐

Yes

☐

No

FPG: PPG:



Keep each of your injections at least two finger's width away from the last injection. This helps in better absorption of insulin and prevention of lumps.

Today I have taken my insulin:

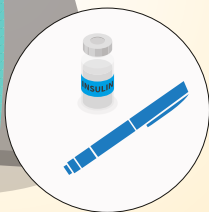
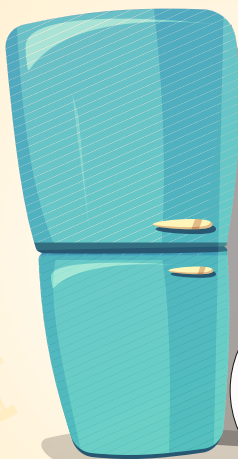
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Yes

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No

FPG: PPG:



It is always recommended to store the insulin in the refrigerator between 2° to 8° Celcius.

Today I have taken my insulin:

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Yes

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No

FPG: PPG:



Injecting cold insulin can sometimes make the injection more painful.

To avoid this, one should keep vial/ pen of insulin in use at room temperature. Only unopened vials/pens should be kept in the refrigerator.

Today I have taken my insulin:

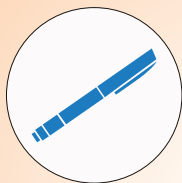
☐

Yes

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No

FPG: PPG:



Vials and pens have different storage needs. These differences can lead to confusion. Therefore, it is very important for you to become familiar with the recommendations for the insulin product that you use.

Today I have taken my insulin:

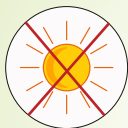
☐

Yes

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No

FPG: PPG:



Never keep insulin in the freezer,
direct sunlight, or in the glove
compartment of a car.

Today I have taken my insulin:

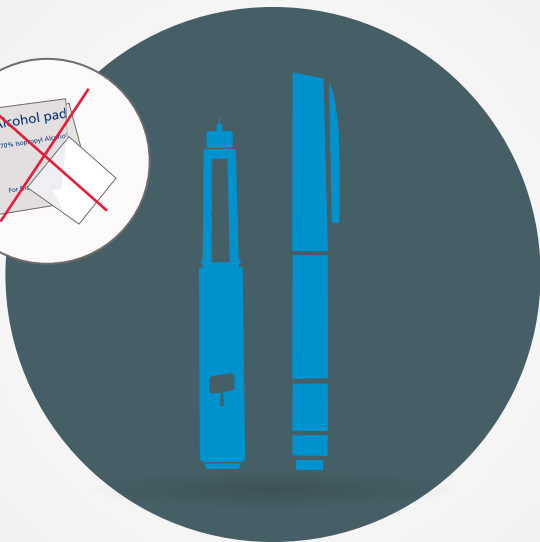
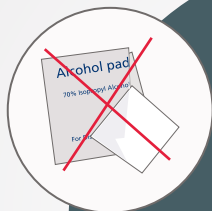
☐

Yes

☐

No

FPG: PPG:



Needle should not be cleaned with alcohol swab. This removes the coating that helps the needle slide into the skin easily and makes the injection painful.

Today I have taken my insulin:

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Yes

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No

FPG: PPG:



Reusing syringes and needles can make the experience of taking insulin painful as the needles become blunt after reuse.

Today I have taken my insulin:

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Yes

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No

FPG: PPG:



Do not throw needles and syringes
in your regular garbage as they can
hurt someone.

Today I have taken my insulin:

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Yes

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No

FPG: PPG:



Bend the needle and keep it in a separate container and dispose it in medical waste.

Today I have taken my insulin:

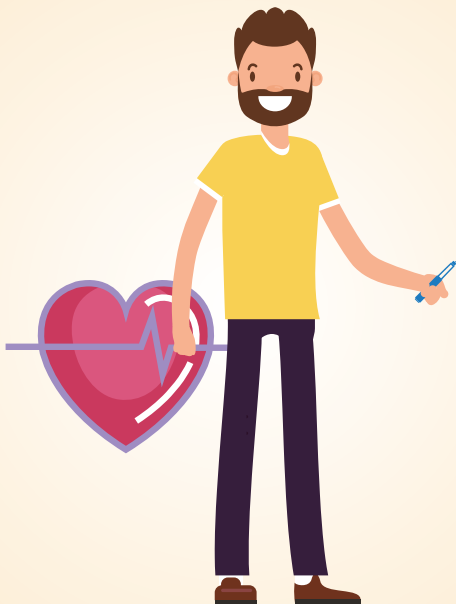
☐

Yes

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No

FPG: PPG:



You are a winner in managing diabetes and will agree that how 30 seconds of taking insulin is giving health, happiness and strength 24x7.

Today I have taken my insulin:

☐

Yes

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No

FPG: PPG:



One should not stop insulin without the doctor's advice. If the sugars are coming high or low, insulin doses need to be adjusted. Your doctor or diabetes educator will support you.

Today I have taken my insulin:

☐

Yes

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No

FPG: PPG:

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