



Your Kaiser Permanente Insulin Program

Diabetes in Pregnancy





Welcome

Congratulations on your pregnancy! This is an exciting time for you and your family. However, adding diabetes management to your daily self-care routine can be overwhelming. What you need to know is you are not alone. We are here to help you and your baby stay healthy until your baby is born.

This booklet will help you get started in learning about taking insulin. Your success in delivering a healthy baby is dependent on your active participation and partnership with your health care team.

IMPORTANT PHONE NUMBERS

Ob/Gyn Advice Nurse

1-855-285-4246 (toll free)
Monday through Friday, from
8 a.m. to 5 p.m.

Labor & Delivery

503-571-2229
24 hours a day, 7 days a week

Regional Advice Nurse

503-813-2000
24 hours a day, 7 days a week

How to inject insulin

Your provider may prescribe insulin for you to take to help control your blood sugar.



1. Get together your insulin, insulin syringe, and alcohol swab.



2. Wash hands with soap and water.



3. Turn the bottle on its side and gently roll between hands for 20 seconds.



4. Clean the top of the bottle with an alcohol swab.



5. Draw air into the syringe, the same amount as the insulin you are to take.



6. Put the needle through the rubber top. Push the plunger down to inject air into the bottle.

How to inject insulin (continued)



7. Turn the bottle upside down and pull the plunger down to fill the syringe. Line up the top of the plunger with your dosage number.



8. Check for large air bubbles in syringe. If present, forcefully push all of the insulin back into the bottle. Withdraw exact dosage again.



9. Take the needle out of the bottle. Cover the needle with a cap and set down.



10. Choose injection site. Pick up syringe and take the cap off the needle. You may gently pinch up a mound of skin.

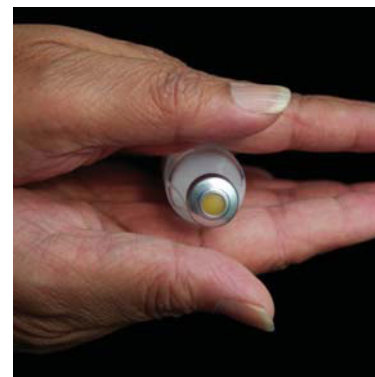
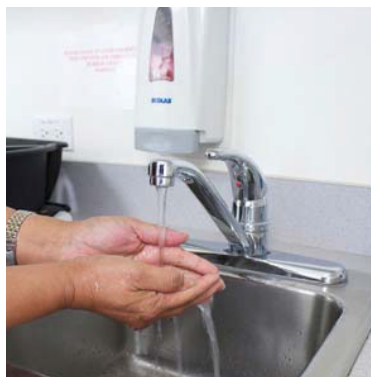


11. Hold the syringe firmly like a dart. Quickly insert the entire needle straight into the skin using a 90 degree angle. Push the plunger down slow and steady to inject the insulin. Count to 10 before removing needle.



12. Dispose the needle and syringe in a Kaiser Permanente needle container. Never reuse a syringe.

How to mix two insulins in a syringe



1. Get together your insulin, insulin syringe, and alcohol swab.
2. Wash hands with soap and water.
3. Turn the bottle on its side and gently roll between hands for 20 seconds.



4. Wipe the tops of both bottles of insulin.
5. Put _____ units of air into bottle of N (cloudy) insulin and TAKE THE NEEDLE OUT.
6. Put _____ units of air into the bottle of _____ (clear) insulin and withdraw _____ units into syringe and TAKE THE NEEDLE OUT.

How to mix two insulins in a syringe (continued)



7. Now, put the needle back in the N (cloudy) insulin. Turn the bottle upside down and pull the plunger down slowly. Stop when you reach a total of _____ units. TAKE THE NEEDLE OUT and cover it with the cap.
8. Choose injection site. Pick up syringe and take the cap off the needle. You may gently pinch up a mound of skin.
9. Hold the syringe firmly like a dart. Quickly insert the entire needle straight into the skin using a 90 degree angle. Push the plunger down slow and steady to inject the insulin. Count to 10 before removing the needle.



Important

Never push the plunger up as this will push the clear insulin into the bottle of the cloudy insulin.

If you happen to go past your dose, take the needle out of the bottle, discard the syringe, and start over.

10. Dispose the needle and syringe in a Kaiser Permanente needle container. Never reuse a syringe.

Your insulin dose

NOTES

Name of Insulin(s): _____

Current dosage: _____

Peak action and duration: _____

Store all insulin in the refrigerator until it is opened. After it is open, it is good for 28 days. It does not need to be refrigerated (store under 85 degrees).

	AM Units	PM Units
Clear Insulin (Humalog or R)		
Cloudy Insulin (N)		
Total units in syringe		

Where to inject your insulin



Insulin is injected into the fatty areas on the body, away from bones, large blood vessels, and nerves.

These areas are divided into injection “sites.”

Injection sites change with each injection. Changing sites gives the skin time to heal and prevents skin problems that can occur when sites are not changed.

Injection sites are spaced about 1 inch apart.

Injection sites

