

Calgary Diabetes in Pregnancy Clinics

FMC: 403-944-2674

PLC: 403-943-4517

RGH: 403-943-3371 or 403-943-3372

SHC: 403-956-1179 or 403-956-2014

Patient Label or Name: _____

PHN: _____

Date: _____

Prescriber: _____ Sample Provided by: _____ Quantity Provided: _____

Insulin concentration 100u/ml unless specified

Insulin Instructions: Diabetes in Pregnancy

Your starting dose(s), to be given as directed:

Breakfast: _____ units of _____ insulin

Lunch: _____ units of _____ insulin

Supper: _____ units of _____ insulin

Bedtime: _____ units of _____ insulin

Remember to keep all medications out of reach OF CHILDREN.

Give your Insulin:

Watch '**How to Use Your Insulin Pen Video**' on www.endometab.ca

(Click on *Patients and Family*, then *Diabetes in Pregnancy*; look under heading '*Starting Insulin*')

Each time you give insulin:

1. Wash your hands.
2. Mix the insulin by rolling or tipping the pen 20 times (Humulin N or NPH only). Put on a new pen tip (needle).
3. Do 'air shot': Hold pen with pen tip facing upwards. Turn dose button dial to 2 units and push in dosing button at the end of pen. Repeat, if necessary, until you see stream of insulin come out of the end of the needle. If this is a new pen, the air shot may need to be done 2 or 3 times.
4. Turn dose button dial to the number of units to be injected (listed above).
5. Insert the needle straight into fat tissue (stomach area, side of leg, side of arm, upper buttocks).
6. Push the dosing button until you see zero, hold the needle in and count for 10 seconds. Pull the needle straight out.
7. Remove the pen tip from the pen, and put in a sharps container.

Keep the pen you are using at room temperature for up to one month. Store any remaining pens in the fridge.

Test Your Blood Sugar:

Test at these times and aim for the following target blood sugar levels:

Time to test	Target blood sugar
Before breakfast (upon waking)	5.2 or less
2 hours after breakfast	6.6 or less
2 hours after lunch	6.6 or less
2 hours after supper	6.6 or less

Adjust Your Insulin – Follow the ‘Rule of 2’:

Your bedtime long-acting insulin will change your morning blood sugar.

Your meal quick-acting insulin will change your blood sugar 2 hours after that meal.

If you have blood sugars above target:

If your blood sugar is:	At this time:	For this long:	Increase this insulin:	By this much:
Above 5.2	Before breakfast	2 mornings in a row	Bedtime long-acting insulin	2 units
Above 6.6	2 hours after breakfast	2 days in a row	Breakfast quick-acting insulin	2 units
Above 6.6	2 hours after lunch	2 days in a row	Lunch quick-acting insulin	2 units
Above 6.6	2 hours after supper	2 days in a row	Supper quick-acting insulin	2 units

If you have a low blood sugar (less than 4.0):

- Treat with fast acting sugar (refer to Low Blood Sugar handout).
- Try to think of why it happened- no carbohydrate with your meal? Missed snack? Active or exercising?
- If no reason for low, look at which insulin is working and lower dose next time by 2 units.
- If you are unsure, or have more than 2 lows, call or email your DIP team for help.

Contact Us:

Please contact your DIP team every week now that you are on insulin.

Foothills Medical Centre: FMCDIP@ahs.ca

Peter Lougheed Centre: PLCDIP@ahs.ca

Rockyview: RGHDIP@ahs.ca

South Health Campus: SHCDIP@ahs.ca

We may be available to return calls/emails Mon-Fri from 8am - 3pm. If you are unable to reach us and require urgent medical assistance regarding your diabetes, please proceed to the nearest Emergency Department or phone 403-944-1110 and ask to page the “Diabetes Doctor on call.”