

Diabetes in Pregnancy

Patient label OR

Patient Name: _____

PHN: _____

Place patient label on insulin pen also, if applicable.

Date: _____

Insulin prescriber: _____

Sample provided by: _____

Insulin Supply Checklist – Diabetes in Pregnancy***Remember to keep all medications out of reach OF CHILDREN***

As per program policy, only one insulin sample (cartridge) per type of insulin to be provided by RN or RD.

Pen color: _____ Insulin: _____ given by injection (see next page for steps)

Starting dose: _____ units at _____ (time)

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Starting dose: _____ units at _____ (time)

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Storage: Once the insulin cartridge is started, it should be kept in the pen at room temperature. Most insulin expires after 1 month in the pen (42 days for levemir), and the cartridge should be changed if not used up by then.

For safety, please remember to carry treatment for low blood sugars, such as glucose tablets. For more information, see the handout “Low Blood Sugar” from Alberta Health Services.

Contact Information**Please contact the Diabetes in Pregnancy clinic in 2 days, or _____**

to review your blood sugar readings and insulin dose(s). Your insulin doses may change during pregnancy. Once you start insulin, we advise that you contact your team weekly.

Email: as indicated by your healthcare team

Phone: _____

We are available to return calls Mon to Fri from 8 am to 3 pm. If you are trying to reach us outside of these hours and require urgent medical assistance regarding your diabetes, please go to the nearest Emergency Department or phone 403-944-1110 and ask to page the “Diabetes Doctor on Call.”

Insulin Injection Instructions

Take the dose of each insulin at the time indicated on the front of this handout.

Please be careful to not mix up your insulins, or take the wrong insulin at the wrong time.

Refer to the handout “Low Blood Sugar” from Alberta Health Services for more details.

Each time you take insulin:

- 1. Wash your hands**
- Mix the insulin gently rolling or tipping the pen 20 times **(N insulin or NPH only)**.
- Put on a **new** needle tip every time.
- Do an air shot of 2 units. Repeat, if necessary, until you see insulin come out the end of the needle. If this is a new cartridge, the air shot may need to be done 2 or 3 times.
- Dial the dose of insulin to be injected.
- Insert the needle into fat tissue at ~90 degrees.
- Press the plunger and hold the needle in for about 10 seconds.
- Pull the needle straight out.
- Remove the pen needle from the pen, and dispose in a sharps container.

Monitoring your blood sugars

Check your blood sugars as directed.

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