

1. Do not use 'u' or 'iu' for units.
2. Insulin pens are for 'single patient' use only.
3. Needles for insulin pens should only be used once.
6. Dispose of the needle carefully in sharps bins.
7. Never draw insulin from a pen cartridge using a syringe and needle.
8. Keep your insulin in safe storage.
9. Fast insulins should be given with Food
10. Mixed insulins should be given with Meals
11. Give insulin at start of NG and PEG feeds
12. Insulin acts as a key to permitting glucose uptake by the body
13. Insulin must always be prescribed – even if patient self administering
14. A number in the insulin brand name = % of fast insulin
15. Be aware of insulins with similar sounding names
16. Never accept a prescription for PRN insulin
17. Care with 'stat doses' – use Novorapid NOT Actrapid
18. In type 1 diabetes, insulin on time each day keeps DKA away
19. Look for lumps
20. IV insulin lasts only minutes – Change empty infusions immediately
21. Never omit regular insulin in people with type I DM
22. Enable self management where appropriate
23. Treat all hypoglycaemia (glucose<4 mmol/l) promptly in accordance with hospital policy
24. Be aware of different concentrations of insulin (eg U100, U200, U500)

Developed by Paula Johnston, Diabetes Specialist Nurse at UHS