



# Insulin

There are different types of insulin regimes:

## Basal-Bolus regime

This is to copy the body's normal production of insulin as closely as possible and involves 4 injections a day.

A background (basal) level of insulin is required followed by a boost (bolus) of insulin with each meal.

## Long acting basal insulin (background)

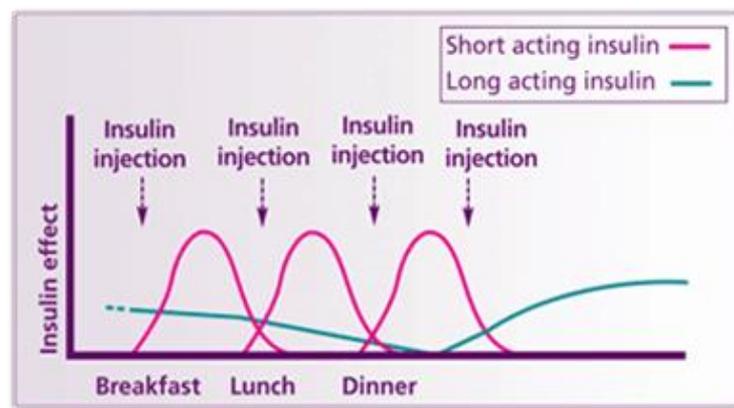
Controls your blood glucose when you are not eating as your body still needs insulin to maintain the glucose at steady level: e.g., **Levemir**.

Levemir is absorbed slowly into your body to prevent the blood glucose from rising too high in between meals and during sleep. It is injected usually at bedtime, the same time every day as it lasts 22-24 hours. It is given into the larger areas such as legs or bottom so it can be absorbed more slowly.

## Mealtime (bolus) insulin

When food is digested, food is turned into sugar and the blood glucose levels rise. **Fast acting insulin** is needed to cope with this sudden rise in blood glucose: e.g., **Novorapid**.

Novorapid is injected just before a meal is eaten. Occasionally it can be given after the meal, especially in very young children. Novorapid lasts for around 2½ hours and is given with each main meal or can be given for large snacks.



## Storage

The insulin you are using can be kept on you at room temperature but is to be kept away from excessive sunlight and heat. The cap to the pen must be put back on to protect it from light.



**Levemir** can be kept out of the fridge for 4 weeks.

**Novorapid** can be kept out of the fridge for 4 weeks.

After this time, discard the insulin even if there is some left.

Any spare pens or cartridges should be kept in the fridge. They must be kept away from the freezer compartment and any that have frozen must not be used.

The insulin kept in the fridge can be stored up until the expiry date written on the pen/cartridge.