



# Long-Acting Insulin

Brand Names	Generic Names	Once in Use, Finish or Throw Away After:
Humulin <sup>®</sup> , or Novolin <sup>®</sup> NPH pens	NPH (100U/mL)	14 days
Humulin, Novolin, ReliOn <sup>®</sup> NPH vials	NPH (100U/mL)	31 days
Lantus <sup>®</sup> , Basaglar <sup>®</sup> KwikPen <sup>®</sup>	Insulin glargine (100U/mL)	28 days
Toujeo <sup>®</sup>	Insulin glargine (300U/mL)	56 days
Levemir <sup>®</sup> Flextouch <sup>®</sup> pen or vial	Insulin detemir (100U/mL)	42 days
Tresiba <sup>®</sup> Flextouch pen or vial	Insulin degludec (100 or 200U/mL)	8 weeks

Long-acting insulin delivers a steady supply of insulin throughout the day. It can be used with rapid- or short-acting insulins (mealtime insulins).

## My Dose

Take long-acting insulin at the same time every day. Contact your healthcare provider if you are sick, planning to fast for a test or procedure, or if you can't eat. You may need to briefly change your dose.



Morning Dose: \_\_\_\_\_  
Taken at: \_\_\_\_\_ a.m.



Evening Dose: \_\_\_\_\_  
Taken at: \_\_\_\_\_ p.m.

## Keep a Log

When you start long-acting insulin, keep a record of your fasting blood sugar levels (when you first wake up) and how much insulin you take. Bring your log and glucose meter to each healthcare visit for insulin adjustments.



## How to Adjust Your Dose

If your doctor told you to adjust your dose, use these instructions. Your doctor or healthcare team will help you fill in the blanks.

### To increase your dose:

- **Measure** your fasting blood sugar levels first thing in the morning, every day.
- **Increase** dose by 2 units every 2-3 days until your fasting blood sugar is 80-130 mg/dL **or** \_\_\_\_\_.
- **Stop** increasing dose when fasting blood sugar is between 80-130 mg/dL **or** \_\_\_\_\_.
- **Do not** increase your dose above \_\_\_\_\_ units (0.5 units/kg).

### To decrease your dose:

- **Decrease** dose 10 percent or 2 units every week if your fasting blood sugar is less than 80 mg/dL. Tell your healthcare team if your fasting blood sugar is low.

## Watch For and Treat Low Blood Sugar (Hypoglycemia)

Low blood sugar may occur when taking insulin.

### 1. Check and know the symptoms.

- **Symptoms:** Dizziness, confusion, headache, irritable mood, rapid or pounding heartbeat, shakiness or weakness.
- If your blood sugar is less than 70 mg/dL, treat for low blood sugar. Tell your doctor if you have frequent or really low blood sugar events.
- If you have symptoms of low blood sugar and can't check your blood sugar, treat for low blood sugar.

### 2. Treat using the 15-15 Rule.

- Eat or drink 15 grams of carbohydrates: 1/2 cup orange juice, 3-4 glucose tablets, or 1 tablespoon sugar, honey or jam.
- Wait 15 minutes and re-check your blood sugar. You should be feeling better. Eat a snack or meal within the next hour to prevent another low blood sugar event.

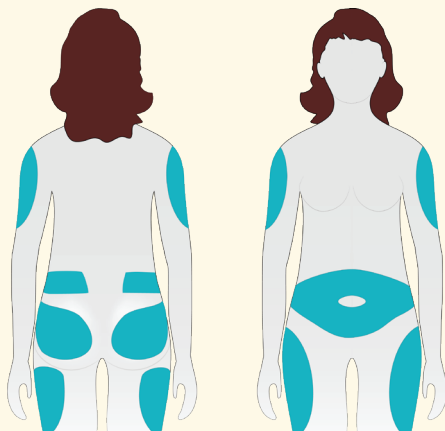
### 3. Treat again (if needed).

- If blood sugar is still less than 70 mg/dL or you still have symptoms, repeat step 3.
- Repeat taking 15 grams of carbohydrate every 15 minutes until blood sugar is higher than 70 mg/dL (during daytime) or 120 mg/dL (before bed).

## How to Store Your Insulin and Supplies Correctly

- Keep insulin bottles and pens in the refrigerator (36-46°F) until opened.
- Do not use after the expiration date.
- Once in use, keep it at room temperature (no higher than 86°F) or in the refrigerator.
- Discard unused insulin according to maker's guidelines. See table on page one.
- Protect against very high or low temperatures to ensure insulin will work properly. Use an insulated bag to carry your insulin.
- Discard needles and syringes into sharps containers, following local guidelines. You can buy a sharps container at a drugstore.

INSULIN  
INJECTION  
AREAS



## How to Inject

- Choose an area to inject: lower abdomen, backside/hip or thigh.
- Rotate your injections within this area before choosing a new area for your injections.
- Inject two inches (about three fingers wide) away from your last injection site, belly button or scar tissue.