

THINGS TO CHECK FOR INSULIN SAFETY



PRIME

- Check the insulin pen is in date
- For cloudy insulin, roll the pen 10 times and move it up and down a further 10 times
- Ensure a new insulin needle is attached
- Perform a 2 unit 'air shot'
- A few drops of insulin should come out of the needle
- Perform further 'air shots' until drops appear

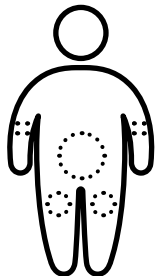
EDEN TOP TIP – Ensure the insulin pen in use is stored at room temperature for one month, and spare pens are stored in the fridge



DOSE

- Review previous blood glucose levels
- Consider if the insulin dose needs to be changed
- Check the person can see the unit numbers and dial up the dose

EDEN TOP TIP – Ensure blood glucose levels are checked before injecting insulin



INJECT

- Ensure the person has good dexterity to use the insulin pen
- Check the person can see where they are going to inject
- Look at injection sites (avoid lumps, bumps & bruises)
- Injection sites need to be rotated each time
- Put the needle close to the skin and smoothly insert
- Fully press down slowly, wait 10 seconds, then remove

EDEN TOP TIP – If a person requires support, please prescribe and demonstrate insulin safety needles to their care giver



DISPOSE

- Do not re-sheath the needle
- Unscrew the needle from the insulin pen
- Place the needle into the sharps box
- Avoid shutting the sharps box lid until filled to the marker line

EDEN TOP TIP – Check the person has a sharps box on prescription with the appropriate type and size

Check our website, educational modules for all HCP's involved in caring for people living with diabetes

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