

Itilizasyon Ensilin pou Dyabèt Pandan Gwosès

Bagay pou w konnen sou ensilin ou an

Depo

Konsève plim ensilin ki pa louvri yo nan frijidè a. Evite kite ensilin ou a kote ki gen tanperati ekstrèm (cho oswa frèt) ak nan limyè solèy la dirèk. PA JANM kite ekipman medikal ou yo nan yon machin. Fè atansyon pou w pa kite ensilin ou an friz

Aprè w fin itilize plim ensilin nan pou premye fwa, ou ka konsève l nan tanperati nòmal san danje, men sèlman pou yon tan espesifik. Ou ka konsève pi fò plim yo pandan anviwon 28 jiska 31 jou, men gen ladan yo ki ka dire pi lontan san danje. **Toujou mande famasyon ou an kilè ou dwe jete plim nan.**

Medikaman sa yo ki nan plim yo bon sèlman pou **14 jou** nan tanperati nòmal:

- Humulin N pen
- Humulin N pen

Kalite ensilin

- **Ensilin ki fè aksyon rapid (tan repa): Admelog, Fiasp, Humalog, Lyumjev ak Novolog**
Ensilin sa a **klè** Pran ensilin ou nan 5 jiska 10 minit apre manje. Moun ka pran Fiasp ak Lyumjev jiska 20 minit apre yo fin manje.

Nou rekòmande pou ou:

1. Prepare plim ensilin ou pou w pran piki a.
2. Mete manje w nan bòl.
3. Enjekte ensilin ou.
4. Apre sa, manje tousuit apre.

Pa pran ensilin aksyon rapid (klè) ou a nan moman repa yo si w pa ka manje. **Rele biwo nou an pou enstriksyon si sa nesesè.**

- **Ensilin ki fè aksyon rapid: Regilye (Humulin R, Novolin R)** Pran ensilin ou nan 30 jiska 45 minit anvan ou manje.
- **Ensilin ki fè aksyon entèmedyè: Ensilin Izofàn (Neutral Protamine Hagedorn, NPH) (Humulin N, Novolin N)** Ensilin sa a **pa klè** epi li bezwen pou yo melanje l. Pran ensilin ou 1 oswa 2 fwa nan yon jounen jan yo di pou sa fèt, nan maten epi/oswa nan lè dòmi. Ensilin sa a, moun ka pran l san manje. Efè li pi lan.
- **Ensilin ki fè aksyon pwolonje (debaz): Basaglar, Lantus, Rezvoglar, Semglee ak Toujeo**
Ensilin sa a aji pandan anviwon 24 èdtan. Pran ensilin ou apeprè menm lè chak jou.

Ki jan pou w bay tèt ou ensilin

Prepare W

1. Chwazi yon kote pou w pran piki a nan yon zòn nan kò w.

Bay tèt ou ensilin lan nan menm kote pandan 7 jiska 10 jou anvan ou chanje l pou w al fè sa nan yon nouvo kote. Itilize yon kote ki nan distans yon (1) pous parapò ak dènye zòn nan, oswa al pike yon lòt zòn nan kò a pou pwochen piki a. Evite zòn lonbrik la pandan w ap ba l yon distans 2 pous.

Kò w absòbe ensilin nan yon fason ki diferan selon kote ou pran piki a. Vant ou absòbe ensilin nan pi rapid, apre sa se nan ponyèt ou, kwis ou yo, ak pati anlè dèyè w.

2. Rasanble pwovizyon ou yo:

- Plim ensilin
- Egwi plim nan
- Tanpon ki gen alkòl
- Bwat pou egwi ki fin itilize

3. Lave men ou byen avèk savon ak dlo.

Swiv Konsèy Sekirite sa yo

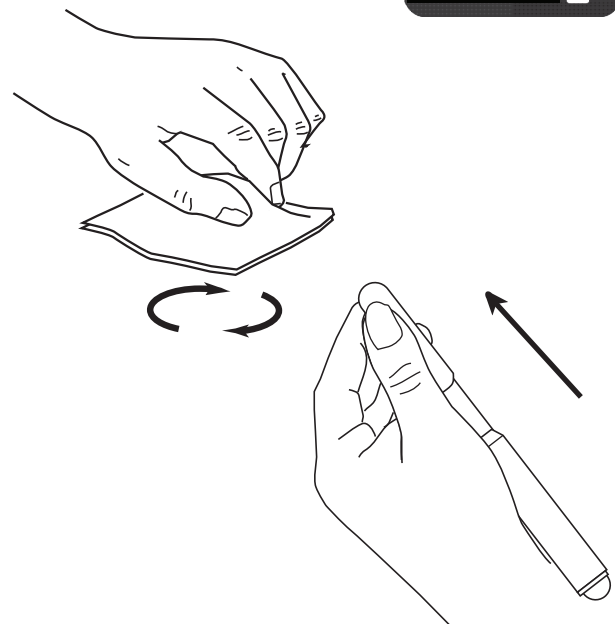
PA JANM reyitilize egwi plim nan epi JANM kite egwi plim yo atache ak plim nan. Sa ka ogmante risk enfeksyon ak iritasyon nan zòn ou pran piki a.

Toujou gen yon kantite founi ki ka dire omwen yon semèn.

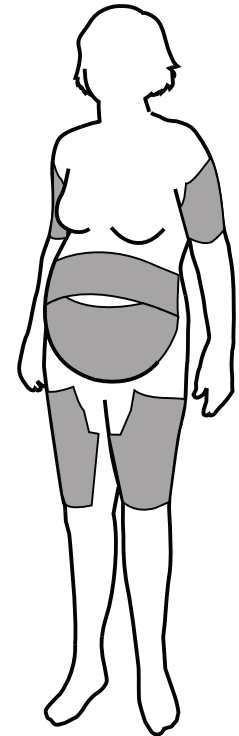
Bay Tèt ou Ensilin

Pou aprann ki jan pou w bay tèt ou ensilin, gade videyo a "Ki Jan yo Itilize yon Plim Ensilin" lè w al vizite go.osu.edu/acm0228 oswa lè w eskane kòd QR sa a. Ou ka swiv etap sa yo tou:

1. Netwaye zòn nan ak yon tanpon ki gen alkòl epi fè sa pandan w ap fè yon sèk. Kite alkòl la seche nan lè.



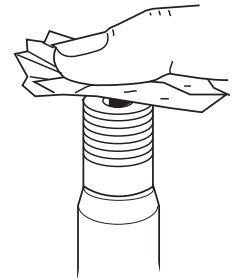
2. Wete kouvèti a sou plim nan. Ou pral kapab wè ensilin lan nan plim nan.



Eskane mwen

3. Si w ap itilize yon ensilin twoub (NPH), woule plim nan toudousman nan men w oswa souke l pandan w ap fè yon mouvman sot anlè al anba yon fason pou w melanje ensilin nan.

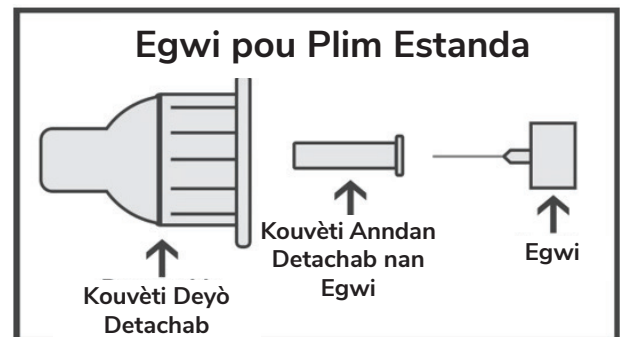
4. Netwaye pwent plim nan ak yon tanpon ki gen alkòl kote w vise sereng lan.



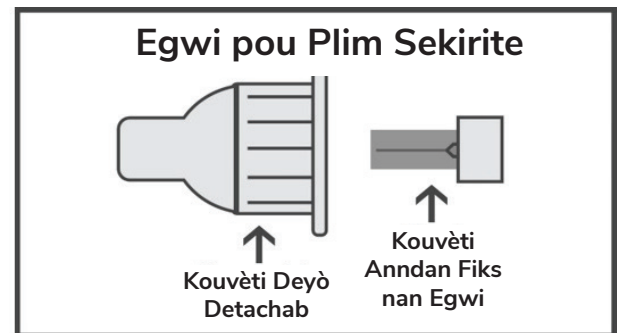
5. Dekole papye pwoteksyon an epi vise yo nouvo sereng sou plim nan. Li dwe rete byen fikse men pa twò sere.

6. Prepare sereng plim nan:

- Si w ap itilize yon plim sereng estanda, wete ni bouchon deyò a, ni bouchon anndan sereng lan, yon fason pou w ka wè sereng lan.



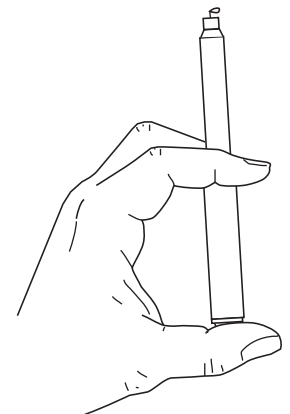
- Si w ap itilize yon sereng sekirite, wete kouvèti deyò a sèlman. Pwoteksyon anndan sereng lan pa dwe soti Pi souvan, sa yo se tip sereng yo itilize nan lopital yo.



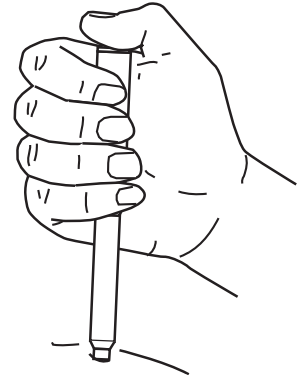
Mande famasyen, enfimyè, oswa edikatè dyabèt ou a si ou gen kesyon sou sa oswa tcheke enstriksyon manifakti a pou plis enfòmasyon.

7. Fè lè ki nan plim nan soti oswa prepare plim nan anvan piki a.

- Ajiste kadran dòz la pou w mete l sou 2 inite.
- Kenbe plim nan pandan egwi a tèt anlè, epi peze bouton kadran an. Veye pwent egwi a jiskaske w wè yon gout ensilin.
- Sa ka rive w ap gen regle kadran an yon lòt fwa sou inite 2 epi peze bouton an plizyè fwa jiskaske w wè gout ensilin nan sou egwi a, pou w asire w, pa gen lè nan plim nan.
- Regle dòz ensilin nan pandan w ap vire bouton an nan sans egwi yon mont jiskaske l rive nan chif ki koresponn ak dòz ou a.



8. Mete zegwi a dwat nan po a nan yon ang 90 degre nan yon mouvman rapid. Pouse tout egwi a antre nan po a.
9. Pouse bouton an tou dousman ak dwèt pous ou pou w enjekte ensilin nan. Kite egwi a menm kote a pandan w ap konte rive sou 10 anvan w retire l. Asire w, plim nan tounen sou zewo (0), epi rale egwi a.
10. Verifye zòn nan pou w detekte si pa gen okenn mak wouj, senyman, oswa san kaye.
11. Retire egwi a nan plim nan, pandan w ap itilize gwo bouchon transparan an pou w ka devise l. Jete l nan bwat pou egwi a.
12. Retounen mete kouvèti a sou plim ensilin ou an.



Sik nan san ki ba

Konsèy Jeneral

- Swiv plan alimantè ou a ak 3 repa epi 3 ti goute chak jou, yon fason pou w evite pou sik nan san w pa bese.
- Achte tablèt glikoz nan famasi ou a pou w trete sik nan san w ki ba.
- Ou dwe toujou gen materyèl siveyans ou, konprime glikoz ou avè w ansanm ak 2 jiska 3 repa.

Siy ki montre Sik nan San ki Ba

Lòt moun ka remake siy yo anvan ou remake yo. Nan siy yo gen:

- | | | |
|---|---|------------------|
| • Sansasyon tranbleman | • Sansasyon feblès ak fatig | • Sansasyon nève |
| • Sansasyon vètij oswa tèt vire | • Angoudisman nan bouch oswa nan po bouch | • Yon tè fè mal |
| • Yon batman kè vit | • Enkapasite pou pale | • Wè twoub |
| • Sansasyon Kontrarye oswa ou Pa Kontan | • Sansasyon grangou | • Pa p panse klè |
| | | • Ap swe |

Si ou gen siy sa yo oswa ou panse sik nan san ou ba:

Tcheke nivo sik nan san ou epi ekri nimewo a nan dosye sik nan san ou a pou w pataje avèk founisè swen sante ou a.

- **Si sik nan san ou 50 jiska 60, manje oswa bwè kèk bagay ki gen sik (15 gram glisid), tankou:**
 - Moulèn 3 konprime glikoz oswa 1 sachè jèl glikoz oral.
 - 1 kiyè sik
 - 1/2 tas (4 ons) ji oswa soda regilye (ki gen sik)
 - 3 kare bonbon Graham
 - 2 ti kiyè siwo myèl oswa siwo
 - 5 jiska 6 ti bonbon gòm (mini jelly beans)
 - 2 jiska 3 bonbon gòm oswa jelly beans ki gen gwosè regilye

- **Rete tann 15 minit epi tcheke sik nan san ou.** Si glisemi w toujou pi ba pase 60, oswa si w pa santi w amelyore, manje oswa bwè yon lòt pòsyon manje oswa bwason ki nan lis la.
- **Tann 15 minit ankò, epi tcheke sik nan san ou ankò.**
 - **Si sik nan san ou se 40 jiska 50,** manje oswa bwè 30 gram oswa 2 pòsyon idrat kabòn nan lis la. Rete tann 15 minit epi tcheke sik nan san ou ankò. Si sik nan san ou toujou pi piti pase 60, oubyen si ou pa santi w pi byen, manje oubyen bwè yon lòt pòsyon manje oubyen bwason ki nan lis la. Kontinye tcheke sik nan san ou chak 15 minit jiskaske li nan nivo nòmal la.
 - **Si sik nan san ou pi ba pase 40,** aji vit. Sèvi ak jèl glikoz enstantane ki soti nan famasi a. Rete tann 15 minit epi tcheke sik nan san ou ankò. Si sik nan san ou toujou pi piti pase 60, oswa si ou pa santi ou pi byen, manje oswa bwè yon pòsyon manje oswa bwason ki nan lis la. Kontinye tcheke sik nan san ou chak 15 minit jiskaske li nan nivo nòmal la.
 - **Si ou tcheke sik nan san ou epi li 60 oswa plis epi ou toujou pa santi w pi byen, rele 911.** Li ka pa yon pwoblèm sik nan san ou epi ou ka bezwen plis èd.
- **Fè atansyon pou ou pa pran twòp tretman.** Si ou panike, epi nou kòmanse manje oubyen bwè jiskaske ou santi w pi byen, sik nan san ou ka vin twò wo.
- **Lè sik nan san ou fin retounen nan nòmal,** manje yon repa oswa yon ti goute ak idrat kabòn konplèks epi manje pwoteyin pou anpeche nan nivo sik nan san ki ba pi devan.
- **Rele founisè ou a si ou gen sik nan san ki ba plis pase 2 fwa nan yon semèn.**

Resous sa a se pou bay enfòmasyon sèlman. Pale ak founisè swen sante ou a si w gen nenpòt kesyon sou swen ou. Pou plis edikasyon, kontakte Bibliyotèk pou Enfòmasyon sou Sante nan 614-293-3707 oswa health-info@osu.edu.

Taking Insulin for Diabetes During Pregnancy



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Things to know about your insulin

Storage

Store unopened insulin pens in the refrigerator. Avoid exposing your insulin to extreme temperatures (hot or cold) and direct sunlight. NEVER leave your supplies in a vehicle. Be careful to not let your insulin freeze.

After the insulin pen is used for the first time, it can be safely stored at room temperature, but only for a specific time. Most pens can be kept for about 28 to 31 days, but some can be safely kept longer. **Always check with your pharmacist to know when the pen should be thrown away.**

The following medicines in pens are only good for **14 days** at room temperature:

- Humulin N pen
- Novolin N pen

Types of Insulin

- **Rapid acting (meal time): Admelog, Fiasp, Humalog, Lyumjev, and Novolog.** This insulin is **clear**. Take your insulin within 5 to 10 minutes of eating. Fiasp and Lyumjev may be taken up to 20 minutes after eating.

We recommend that you:

1. Get your insulin pen injection prepared.
2. Plate your meal.
3. Inject your insulin.
4. Then eat right away.

Do not take your meal time (clear) insulin if you are not able to eat. **Call our office for instructions if needed.**

- **Short acting: Regular (Humulin R, Novolin R).** Take your insulin 30 to 45 minutes before eating.
- **Intermediate acting: NPH (Humulin N, Novolin N).** This insulin is **cloudy** and needs mixed. Take your insulin 1 or 2 times a day as directed in the morning and/or at bedtime. This insulin is not food dependent. Its effect is slower.
- **Long acting (basal): Basaglar, Lantus, Rezvoglar, Semglee, and Toujeo.** This insulin works for about 24 hours. Take your insulin at about the same time every day.

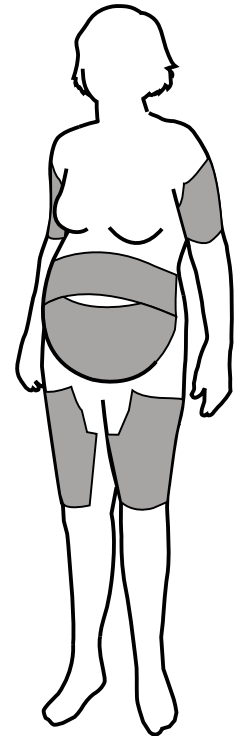
How to give yourself insulin

Get Ready

1. Select a site for your injection on an area of the body.

Give your insulin in the same area for 7 to 10 days before changing to a new place. Use a site about an inch away from the last site or from one side of the body area to the other for the next injection. Avoid your belly button by 2 inches.

Insulin is absorbed differently throughout your body. Fastest absorption is in your abdomen followed by arms, thighs, and upper buttocks.



2. Gather your supplies:

- Insulin pen
- Pen needle
- Alcohol pad
- Sharps disposal container

3. Wash your hands well with soap and water.

Follow These Safety Tips

NEVER reuse pen needles and NEVER leave pen needles attached to the pen. This can cause an increased risk of infection and irritation at the site of injection.

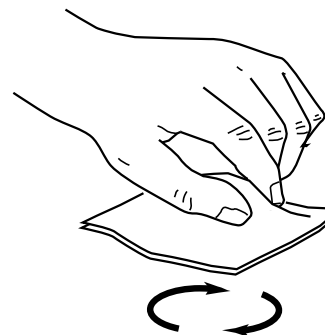
Keep at least a week's worth of supplies on hand at all times.

Give Yourself Insulin

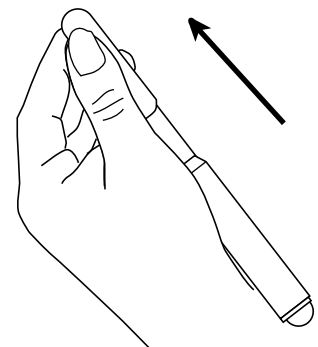
To learn how to give yourself insulin, watch the video “How to Use an Insulin Pen” by visiting go.osu.edu/acm0228 or by scanning this QR code. You may also follow these steps:



1. Clean the area with an alcohol pad using a circular motion. Let the alcohol air dry.

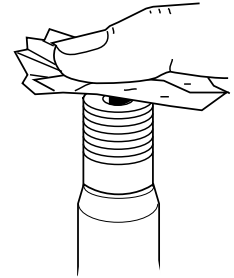


2. Remove the cover from the pen. You will be able to see the insulin in the pen.



3. **If you are using a cloudy insulin (NPH),** gently roll the pen between your hands or turn it up and down to mix the insulin.

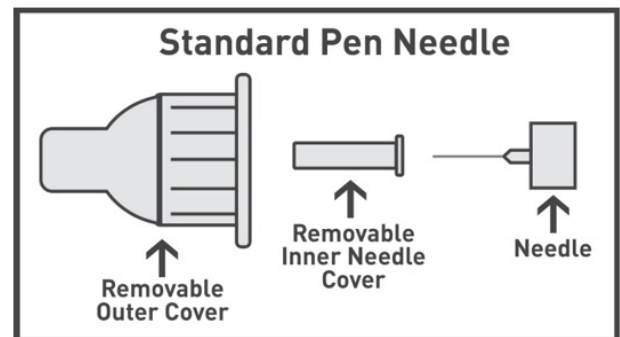
4. Clean the end of the pen with an alcohol pad where the needle twists on.



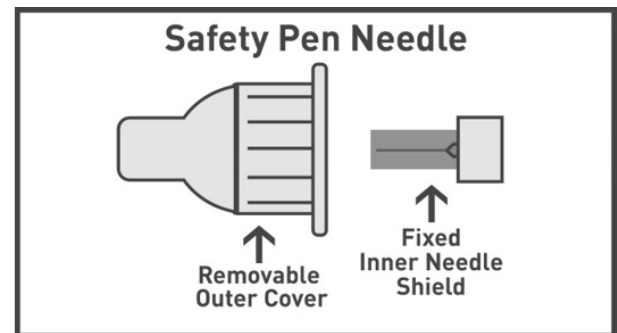
5. Attach a new needle by peeling back the paper cover and screwing it onto the pen. It should be snug but not too tight.

6. Prepare the pen needle:

- **If you are using a standard pen needle, remove both the outer cover and inner needle cover,** so you can see the needle.



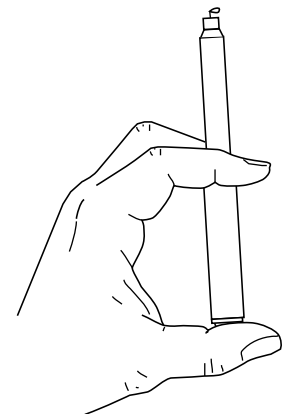
- **If you are using a safety pen needle, remove the outer cover only.** The inner needle shield stays in place. Most often these are the type of needle used in hospitals.



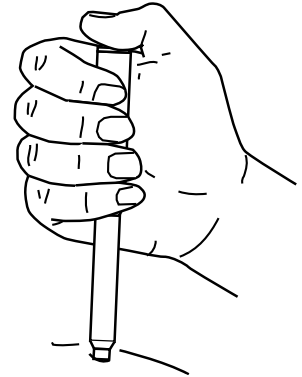
Ask your pharmacist, nurse, or diabetes educator if you have questions about this or check the manufacturer's instructions for more information.

7. Clear the air out of the pen or prime the pen.

- Turn the knob dose dial to 2 units.
- Hold the pen with the needle up in the air and push the dial knob in. Watch the tip of the needle for a drop of insulin.
- You may need to repeat the dialing to 2 units and push a few times until you see the drop on the needle, so you know you have no air in the pen.
- Dial in your insulin dose by turning the knob clockwise until you see the right number for your dose.



8. Put the needle straight into the skin at a 90-degree angle in a quick motion. Push the needle all the way into the skin.
9. Using your thumb, push the knob down slowly to inject the insulin. Hold the needle in place for a count of 10 before removing. Check that the pen is back to zero, and then pull out the needle.
10. Check the area for any redness, bleeding, or bruising.
11. Remove the needle from the pen, using the big clear cap to unscrew it. Throw it into your Sharps disposal container.
12. Put the cover back on your insulin pen.



Low blood sugar

General Tips

- Follow your meal plan of 3 meals and 3 snacks each day to prevent low blood sugar.
- Buy glucose tablets from your pharmacy to treat low blood sugar.
- Have your testing supplies, your glucose tablets, and 2 to 3 snacks with you at all times.

Signs of Low Blood Sugar

Signs may be noticed by others before you notice them. Signs include:

- Feeling shaky
- Feeling dizzy or light-headed
- A fast heartbeat
- Feeling moody or grumpy
- Feeling weak or tired
- Numbness around mouth or lips
- Being unable to speak
- Feeling hungry
- Feeling nervous
- A headache
- Blurred vision
- Not thinking clearly
- Sweating

If you have these signs or think your blood sugar is low:

Check your blood sugar level and write down the number in your blood sugar record to share with your healthcare provider.

- **If your blood sugar is 50 to 60, eat or drink some food with sugar (15 grams of carbs), such as:**
 - › Chew 3 glucose tablets or 1 package of oral glucose gel
 - › 1 tablespoon of sugar
 - › ½ cup (4 ounces) of juice or regular soda (not diet)
 - › 3 squares of graham crackers
 - › 2 teaspoons of honey or syrup
 - › 5 to 6 mini jelly beans
 - › 2 to 3 gumdrop candies or regular size jelly beans

- **Wait 15 minutes and check your blood sugar.** If your blood sugar is still less than 60, or if you are not feeling better, eat or drink another serving of food or drink from the list.
- **Wait another 15 minutes and recheck your blood sugar.**
 - **If your blood sugar is 40 to 50**, eat or drink 30 grams or 2 servings of carbohydrate from the list. Wait 15 minutes and recheck your blood sugar. If your blood sugar is still less than 60, or if you are not feeling better, eat or drink another serving of food or drink from the list. Continue to recheck your blood sugar every 15 minutes until it is in the normal range.
 - **If your blood sugar is below 40**, act quickly. Use instant glucose gel from the pharmacy. Wait 15 minutes and recheck your blood sugar. If your blood sugar is still less than 60, or if you are not feeling better, eat or drink a serving of food or drink from the list. Continue to recheck your blood sugar every 15 minutes until it is in the normal range.
 - **If you check your blood sugar and it is 60 or more and you are still not feeling better, call 911.** It may not be a problem with your blood sugar and you may need more help.
- **Be careful not to over treat.** If you panic and start to eat or drink until you feel better, your blood sugar may go too high.
- **When your blood sugar has returned to normal**, eat a meal or snack with complex carbohydrates and protein foods to prevent future low blood sugar levels.
- **Call your provider if you have low blood sugar more than 2 times in a week.**

This resource is for informational purposes only. Talk to your healthcare provider if you have any questions about your care. For more education, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.