

## Insulin

It is important for people with diabetes to know the names of the insulin they use and how each type works. It helps you to manage your blood glucose levels effectively and adjust doses if needed.



Also, you know which time to take at different times of the day. Fast acting insulin needs to be given before food to be effective.

Eating carbohydrates increases blood glucose levels, and I need to give insulin for this.

Exercise can lower blood glucose levels, which may need me to adjust my insulin dosage. Understanding the effects of food and exercise helps reduce glucose highs and lows.

It's important to start learning about changing insulin doses independently when needed.

I need to examine and look after my injection and cannula sites and it is important to rotate them so they will work well for me.



If using an insulin pump you should be able to order supplies, perform an infusion set change, program the device and use advanced bolus features. You should also know how to connect with a CGM and calculate the dose and inject insulin in case of a pump failure.

If your pump breaks then you need to speak to your diabetes team and the pump company to discuss the problem and arrange for a replacement.

