

Antidiabetic MEDICATION GUIDE

Common antidiabetic medications: Apidra, Aspart, Humalog, Humulin, Iletin, Regular, Detemir, Glargine, Glulisine, Lispro, Lantus, Levemir, Novolin, Novolog, NPH, Ultralente, Velosulin

Read this Medication Guide before you start taking this drug and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your healthcare provider about your medical condition or treatment. You and your healthcare provider should talk about this drug when you start taking it and at regular checkups.

Why is this medication prescribed?

Insulin is a hormone that is naturally produced in the body. It is produced in the pancreas and works to lower glucose or sugar levels in the body. There are many types of insulin that differ in how quickly they begin to work and how long they last. Insulin is used to control glucose in people who have type I diabetes but can also be used for other purposes.

Important Information about this drug

This drug is only part of the treatment program which includes exercise, diet, weight control, foot care, eye and dental care and testing your blood sugar.

It is important not to change the brand of insulin or type of syringe you use without first talking with your Dr because some are interchangeable and others are not.

Be aware of signs the blood sugar is too low which causes hypoglycemia:

- shakiness
- dizziness or lightheadedness
- sweating
- nervousness or irritability
- sudden changes in behavior or mood
- headache
- numbness or tingling around the mouth
- weakness
- pale skin
- hunger
- clumsy or jerky movements
- confusion
- seizures
- loss of consciousness

Call your doctor immediately if you have any of the following symptoms of hyperglycemia (high blood sugar):

- extreme thirst
- frequent urination
- extreme hunger
- weakness
- blurred vision

If high blood sugar is not treated, a serious, life-threatening condition called diabetic ketoacidosis could develop. Call your doctor immediately if you have any of these symptoms:

- dry mouth
- upset stomach and vomiting
- shortness of breath
- breath that smells fruity
- decreased consciousness

Wear a Medical Alert ID stating you have diabetes. Carry diabetic hard candy or glucose tablets in case your blood sugar falls; be sure your family and friends know how to help in an emergency.

How should this medicine be used?

Your Doctor, nurse or health care provider will instruct you on exactly how to test your blood sugar and give the insulin.

Be aware that some insulins are clear and other are cloudy. Do not use the insulin if it has changed colors or has particles in it; if you are not sure, call your Doctor or pharmacist.

Check your blood sugar on the schedule given by your Doctor, but be aware that during times of high stress or illness it may need to be checked more often.

Choose a different injection site each time; do not inject into the same area twice in a row.

If you use disposable needles, use a new one each time; when finished, the needles should be placed in a special sharps device.

What special dietary instructions should I follow?

Be sure to follow all exercise and dietary recommendations made by your doctor or dietitian. It is important to eat a healthy diet and to eat about the same amounts of the same kinds of foods at about the same times every day. Skipping or delaying meals or changing the amount or kind of food you eat can cause problems with your blood sugar control.

Ask your doctor about the safe use of alcoholic beverages while you are using insulin.

What side effects can this medication cause?

This medication causes changes in your blood sugar. You should know the symptoms of low and high blood sugar and what to do if you have these symptoms. Your healthcare provider will give you instructions on what to do in each condition.

Insulin may cause side effects. Tell your doctor if any of these symptoms are severe or do not go away:

- redness, swelling, and itching at the injection site
- changes in the feel of your skin, fat build-up, or fat breakdown

Some side effects can be serious. If you experience any of the following symptoms, call your doctor immediately:

- rash and/or itching over the whole body
- shortness of breath
- wheezing
- dizziness
- blurred vision
- fast heartbeat
- sweating
- difficulty breathing or swallowing

There are many drugs that can increase or decrease the blood sugar. These include not only prescription drugs, but over counter medications, vitamins, minerals and herbal products. **DO NOT** start a new medication without telling your Dr first. It is a good idea to always keep a current list of your medications.