

Getting Started on Rapid Insulin

☐ Humalog ☐ Humalog U200 ☐ NovoRapid ☐ Fiasp ☐ Apidra ☐ Other: _____

Why?

Your doctor wants you to start taking rapid acting insulin at mealtime(s) so that your diabetes and your blood sugar levels are better controlled. Rapid acting insulin is used by your body to manage the sugar that comes from the food you eat.

Blood sugar goals:

- Between 4 and 7 mmol/L before meals and bedtime.
- Between 5 to 10 mmol/L two hours after eating a meal.

Important information about this insulin

- This is a rapid-acting insulin. It starts to work within 10-20 min.
 - You should take it up to 15 minutes **before** starting your meal.
 - This insulin lasts about 4 hours in your body.
- ☐ If you are taking **Fiasp**:
- It is an ultra-rapid-acting insulin. It starts to work within 3 min.
 - You should take it right before eating your meal.
 - This insulin lasts about 3 hours in your body.

Getting Started

1. Take the following recommended doses up to 15 minutes **before** starting your meal or snack:

Breakfast	Lunch	Supper	Snacks

2. Test your blood sugar before and 2 hours after meal(s) or as instructed by your diabetes educator.
3. Write down your blood sugars. It will also be helpful to you and your diabetes team for you to track your food intake and activity. This can help to adjust your insulin and give you more precise dosing.
4. Decrease the amount of insulin and contact your diabetes team if you experience hypoglycemia.

Remember: Not eating on time, eating too little, taking too much insulin or increasing physical activity can cause a low blood sugar (hypoglycemia). Treat hypoglycemia immediately with fast-acting sugar.

- ☐ Follow attached instructions on how to adjust your dose of insulin

Storage of Insulin

- Keep your insulin pen at room temperature – the insulin is good for up to **30 Days**
- Keep unopened insulin in the refrigerator
- If you take more than one type of insulin, make sure you use a different color or type of pen for your rapid insulin.

Follow Up with Diabetes Educator:

☐ Phone: _____ ☐ Clinic visit: _____ ☐ Other: _____