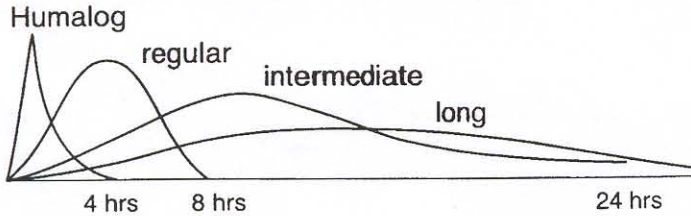


Action Times of Insulin



Rapid

Novo Rapid (also known as Aspart)

Humalog (also known as insulin Lispro) is a rapid acting insulin. It begins to work 5 to 15 minutes after injection, peaks in one hour, and has a duration of 3 - 4 hours. Because of its rapid action and short duration, it "covers" the meal better, providing a good match between food and insulin. You should eat within 5 minutes of taking Humalog.

Note:

Rapid & Short Acting insulins are clear

To be given before breakfast and before supper.

Note:

The action of insulin may vary from individual to individual

Short

Regular insulin (also known as R or Toronto) is a short acting insulin. It begins to work 1/2 hour after injection, peaks in 2-4 hours, and has a duration of 6 hours. It is recommended to take regular insulin 30 minutes before the meal.

To be given before breakfast and before supper.

Note:

Intermediate & Long acting insulins are cloudy

Intermediate Acting

Intermediate acting insulin begins to work 1 - 3 hours after injection, peaks in 6 - 12 hours, and has a duration of 18 - 24 hours. Examples of intermediate acting insulin are N (NPH) and L (Lente).

To be given before breakfast and before bed (approximately 9 p.m.).

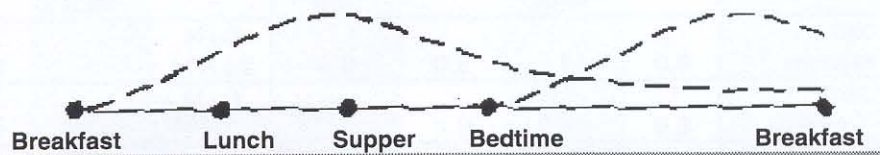
Long Acting

Long acting insulin begins to work 4 - 6 hours after injection. Unlike short and intermediate acting insulin it has a minimal peak effect. Its duration of action is 24 - 28 hours. An example of long acting insulin is U (Ultralente).

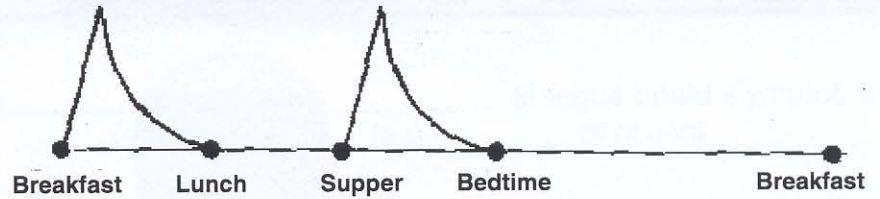


Insulin Adjustments

N (NPH) Intermediate Acting



H (Humalog) or A (Novorapid) Rapid Acting



If high before:

Increase:

Breakfast	Bedtime N
Lunch	AM H
Supper	AM N
Bedtime Snack	Supper H

Three (3) consecutive highs at the **same time**, unexplainable increase appropriate insulin 10%.

If low before:

Decrease:

Breakfast	Bedtime N
Lunch	AM H
Supper	AM N
Bedtime Snack	Supper H

Two (2) consecutive lows at the **same time**, unexplainable decrease appropriate insulin 10%.

**If any changes to Bedtime N are made,
blood sugars must be checked at 3:00 a.m. for 2-3 nights.**

Treatment of Hypoglycemia

- For blood glucose between 2.9 mmol/L and 3.9 mmol/L give 15g glucose.
i.e. glucose tabs or fruit juice or regular pop.
- For blood glucose less than 2.9 mmol/L in conscious child give 20g glucose.
i.e. glucose tabs or fruit juice or regular pop.
- Recheck blood glucose in 15 minutes.
- If still less than 4.0 mmol/L repeat treatment using 15g glucose. Continue checking blood glucose every 15 minutes. And retreating until blood glucose is greater than 4.0 mmol/L.
- To prevent repeated hypoglycemia, once it has been reversed have the usual meal or snack due at that time. If a meal or snack is more than 1 hour away a snack of 15g of carbohydrate with protein is recommended.

Severe Hypoglycemia with Loss of Consciousness

- Follow guidelines for glucagon administration.

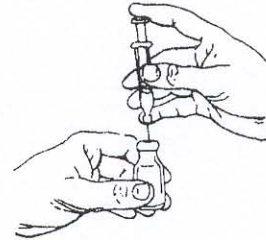
Directions for Using the Glucagon Emergency Kit

Note: Glucagon should not be prepared for injection until the emergency arises.

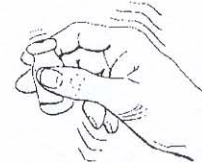
1. Remove the flip-off seal from the vial (bottle) of glucagon.



2. Remove the needle protector from the syringe, and inject entire contents of the syringe into vial of glucagon.



3. Remove syringe. Shake vial gently until solution becomes clear. **GLUCAGON SHOULD NOT BE USED UNLESS THE SOLUTION IS CLEAR AND OF A WATER-LIKE CONSISTENCY.**



4. Using the same syringe, withdraw entire solution from the vial.

To Administer Glucagon

Select an injection site: the abdomen, buttocks, upper and outer thigh, or the fatty part of the back of the upper arm.

Pinch up the area of skin and inject the needle at a 90° angle.

Inject the entire dose of glucagon.

If the child is under 5 years of age inject ½ of vial. Over 5 years give the entire vial.

NOTE: If more than ½ is given there is no danger of overdose.

Other Instructions

- Place your child on their right side in recovery position.
- Check a blood sugar and give glucagon.
- **Call 911** and stay with your child.

If your child wakes up and is able to swallow, give a fast-acting carbohydrate (such as regular pop or juice) and a long-acting carbohydrate. Recheck blood sugars frequently until stable.