BE PROACTIVE

Insulin Treatment

Types of insulin

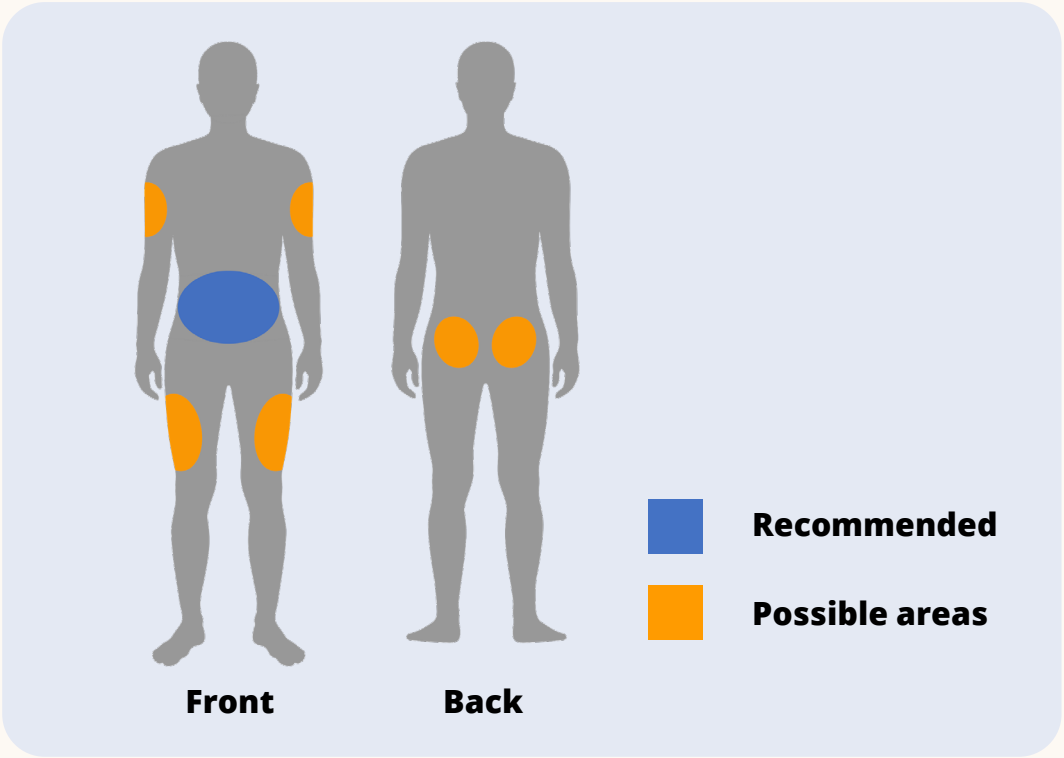
Rapid-acting
- Starts to work within 15 minutes and lasts 1-2 hours

Regular- or short-acting
- Starts to work within 30 min and lasts 3 to 4 hours

Intermediate-acting
- Starts to work within 1-2 hours, maximally at 4-6 hours and lasts up to 12 hours

Long-acting
- Can work for an entire day (depending on the type of long-acting insulin)

Types of insulin

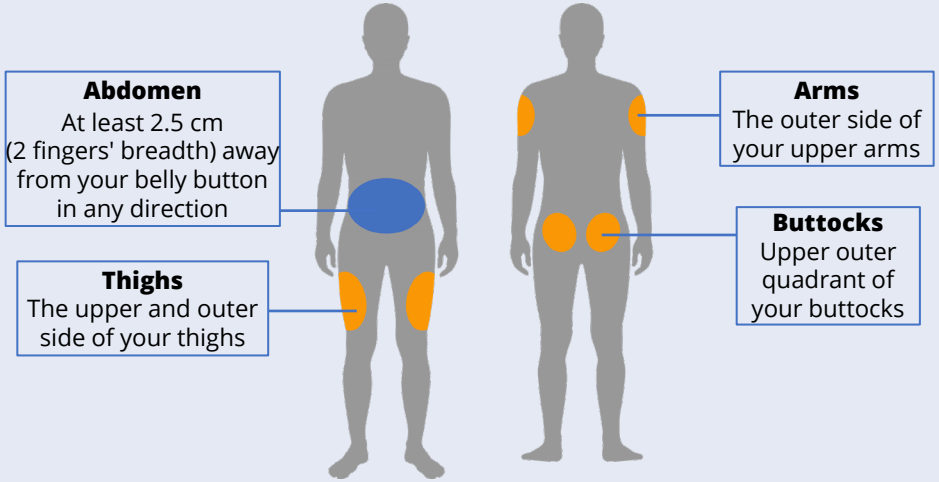


- Inject insulin into the fatty layer beneath the skin (subcutaneous).
- The belly absorbs insulin the fastest and most consistently, followed by the arms, thighs and buttock.
- Pick the proper needle length and gauge to reduce pain.
- Use a new needle for every injection.

Insulin sites

Suitable sites for insulin injection

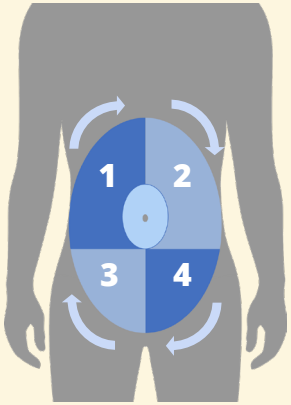
Visual guide to show where you can inject insulin



To note

- Different sites absorb insulin at different rates. Insulin is absorbed the fastest in the abdomen and slowest in the thighs
- Rotate sites (e.g., right and left thigh) to avoid swelling as this may affect insulin absorption

Site rotation



Move 2 fingers along from your last insulin injection site

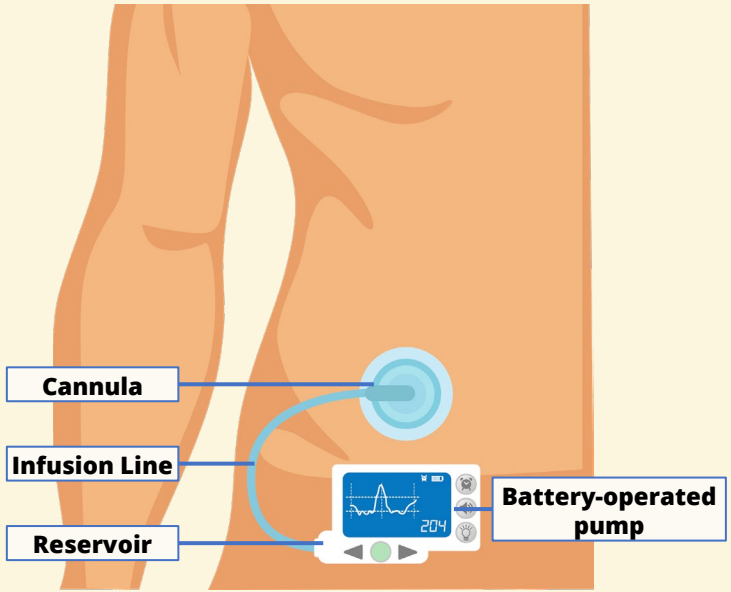
- Rotate injection sites by moving 2 fingers' breadth along from your last injection site until you have used an entire area
- Move to a new injection area every 1 to 2 weeks

Rotate your injection spots

Rotate injection sites by moving 2 fingers' breadth apart from the last injection site. Use an entire area before moving to a new area.

By rotating the spots where you inject Insulin, you can prevent fat lumps (lipohypertrophy) from forming just under the skin

Insulin pump therapy



Insulin is delivered via an infusion set and cannula into the subcutaneous layer of the abdomen*

* For illustration purposes only. Actual device may differ.

Insulin pump therapy is another way of providing insulin to your body that mimics the function of the pancreas.

A small device with an insulin reservoir that delivers both basal (continuous release over 24 hours) and rapid-acting insulin doses to match higher glucose levels during mealtimes.

It usually improves diabetes control by helping to avoid glucose levels that are “too high” or “too low”.

You can adjust the insulin dose to suit your needs (e.g., change dose at mealtimes depending on what you choose to eat).