

Diabetes Medicine: Humulin-R[®] U-500 Insulin

Insulin is a medicine used to treat diabetes. It is given by shot (injected). It moves glucose (sugar) out of your blood and into your body's cells.

Insulin helps lower your blood glucose and makes it less likely that your diabetes will cause serious problems.

What is U-500 insulin?

U-500 helps control blood glucose for 8 to 24 hours. This type of insulin is only used if you need more than 200 units of insulin per day. U-500 replaces both rapid/short and long acting insulin.

When do I give U-500 insulin?

U-500 starts working about 30 minutes after it is given. You will likely need to give yourself a dose 2 or 3 times per day before meals. **To prevent low blood glucose (hypoglycemia), you should always eat within 30 minutes of giving U-500 insulin.**

If you are in the habit of skipping meals, make sure to discuss this with your provider and make a plan for how to dose your insulin on those days.

How do I give U-500 insulin?

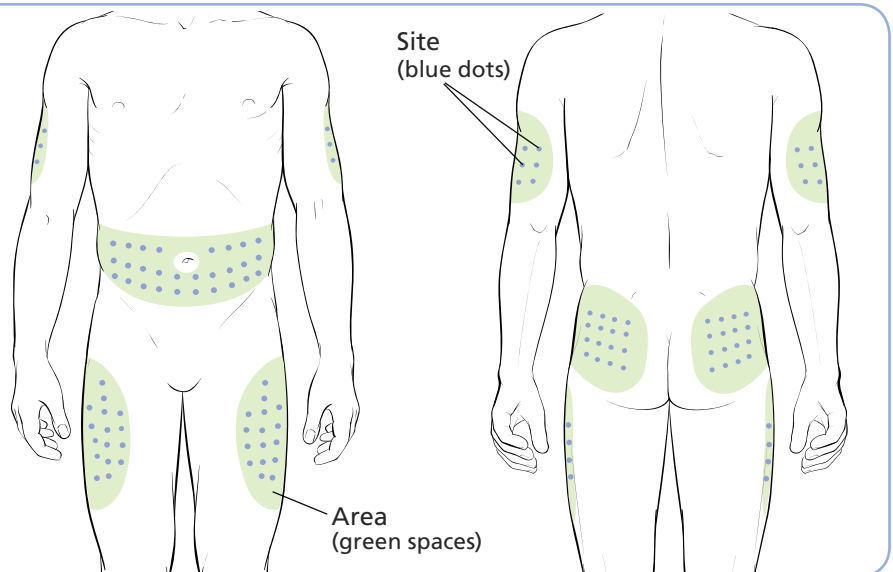
U-500 insulin is injected with a syringe or a pre-filled pen. **Only use a U-500 syringe, NOT a U-100 syringe. DO NOT use a syringe to draw insulin from a pre-filled pen.**

- Set the dial on the pen or draw up the correct dose of insulin into the syringe.
- Inject insulin into the fatty tissue just under the skin, NOT the muscle.
- The best areas to inject insulin are the **belly, upper buttocks, top and outside of your thighs, or the back of your upper arms.**
- **Change injection sites** within those areas each time you give a dose. **Do not inject in the same site every day.**

There isn't a "best place" on your body to inject insulin. But there are 4 areas that are better than others. These are your:

- Belly (abdomen)
- Outside of the upper leg (thigh)
- Outside and back of the upper arm
- Rear end (buttocks)

These places are best because they have more fat under the skin than other parts of your body. They are also easier for most people to reach.



How do I store U-500 insulin?

- Keep unopened insulin vials and pens in the refrigerator.
- When you start to use a vial, mark it with the date. Keep it in the refrigerator or at room temperature, and throw it away 40 days after opening it — even if you haven't finished it.
- When you start using an insulin pen, mark it with the date. Keep it at room temperature, and throw it away 28 days after opening it — even if you haven't finished it.

My U-500 insulin regimen

Insulin name _____ when to take _____ dose _____

Insulin name _____ when to take _____ dose _____

Insulin name _____ when to take _____ dose _____

If I accidentally miss a dose, I should: _____

Correction dose, other instructions: _____

You must ONLY use a dedicated U-500 insulin syringe to dose U-500 insulin. This syringe is different from a regular U-100 insulin syringe. It has special markings on it that will allow you to take the correct and accurate dose prescribed by your provider. See an example of this syringe below.



Humulin® and KwikPen® are registered trademarks owned or licensed by Eli Lilly and Company.

General guidelines for taking insulin

Here are some general rules to help you use insulin safely:

- **Try to eat your meals and snacks at the same time every day.** Stick to a regular schedule for breakfast, lunch, dinner, and bedtime snacks. This will help your insulin work better and keep your blood glucose at the right level.
- **Don't stop taking your insulin,** even if you feel good or your symptoms go away. You need insulin to stay well.
- **Don't change your insulin dose** unless your doctor tells you to.
- **If you're sick,** check your blood glucose more often. Sometimes you need more insulin when you're sick, and sometimes you need less. The only way to know if you should change your dose is by checking your blood glucose often.
- **If you throw up more than once or have a fever of 101°F or higher for more than 8 hours,** call your healthcare provider.

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。