

Medication Teaching Sheet: Insulin

A Guide for Patients in the Home

- 🏠 Your doctor has prescribed _____
- 🏠 Special Instructions/Notes:

- 🏠 The purpose of this medication is to treat diabetes mellitus types 1 and 2.
- 🏠 The most common **side effect** of this type of medication is hypoglycemia. (low blood sugar)
- 🏠 Serious **side effects** are: blood disorders, liver disorders, and yellowing of skin (rare)
- 🏠 When taking this medication, you should avoid alcohol, cold medicines or steroids unless prescribed by your doctor.
- 🏠 Make sure you tell your doctor if you have nausea, dry mouth, increased thirst, increased urination, low blood pressure, dizziness, confusion, weakness, or tiredness while taking this medication. These are signs of low or high blood sugar.
- 🏠 While taking this medication, you should: take exactly as it is prescribed. There are several different types of insulin. Check your blood sugar before you eat breakfast every morning day. If your doctor asks you to check your blood sugar at other times of the day, you should do it before eating a meal or taking insulin. Do not skip meals. If you are unable to eat, do not take insulin without speaking with your doctor.
- 🏠 Avoid mixing Insulins unless otherwise directed by your doctor.