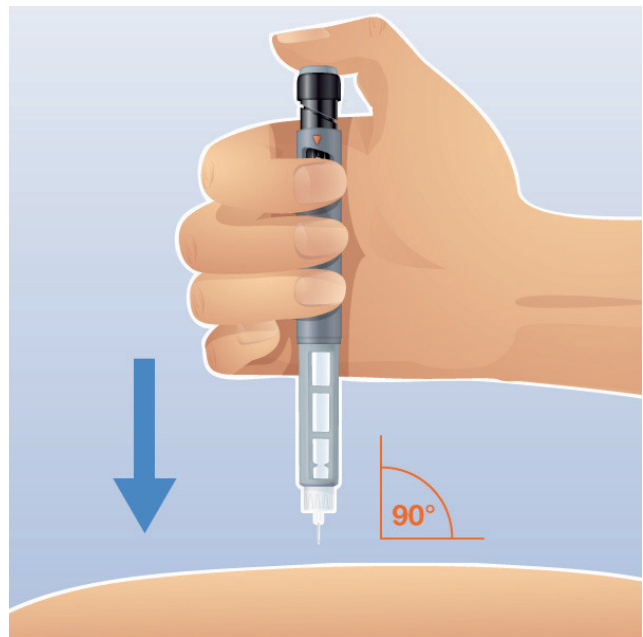


> THE RIGHT WAY

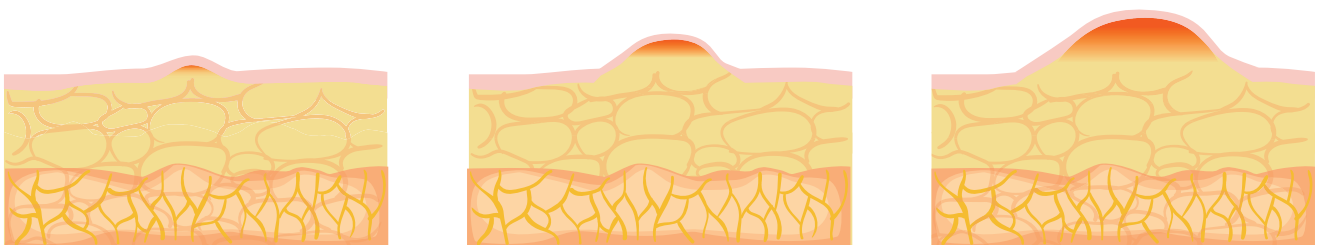
Insulin should be injected at a 90 degree angle. If you are using short needles, a skin-fold is not necessary unless you are very slim

You can use the upper outer thighs, upper outer buttocks and abdomen as injection sites



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Vary the places you inject into to avoid the development of fatty lumps (lipohypertrophy or "lipos"). Lipos prevent insulin from being absorbed correctly and can make it difficult to control your blood glucose levels



Your injection sites should be checked by your nurse as part of your annual diabetes review

Always re-suspend insulin if it is a cloudy or mixed insulin by tipping and rolling the pen or vial 10 times **each** before every injection

Store unused insulin in a refrigerator- it must not freeze. Insulin in use can be kept at room temperature for up to 28 days. Avoid direct sunlight or heat e.g. near radiators, fires or window sills

➤ DRIVING AND INSULIN USERS

You must notify the DVLA if you are an insulin user

You must test your blood glucose, no longer than 2 hours, before driving

Test every 2 hours on long journeys

If your blood glucose is less than 4 mmol/l, treat the hypo and do not drive for at least 45 minutes after you have recovered

Your blood glucose must be 5 mmol/l or higher to drive. If between 4 and 5 mmol/l, have a starchy snack

Always carry glucose and a glucose meter in the car. Test your blood glucose if you are involved in an accident to demonstrate hypoglycaemia was not a contributing factor

If you feel hypo while driving, stop as soon as safely possible. Remove the ignition key to demonstrate you are not in charge of a moving vehicle. Get out of the driver's seat if safe to do so. Treat the hypo. Do not drive for at least 45 minutes after recovery

If you are a Group 1 driver and have more than one severe hypo (i.e. needing help from another person) in a 12 month period, you will need to surrender your driving licence

Advice for Group 2 drivers is much stricter. See the DVLA website for more information



> KEY POINTS:

- ❗ Know the name and dose of your insulin
- ❗ Always check you have been given the correct insulin when you collect your supply from your pharmacist
- ❗ Carry an insulin passport or insulin safety card at all times
- ❗ Know the symptoms of hypos and always carry glucose



> USEFUL RESOURCES:

TREND-UK: www.trend-uk.org

Forum for Injection Technique: www.fit4diabetes.com

Diabetes UK: www.diabetes.org.uk

Driving and Vehicle Licensing Agency: www.gov.uk



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