



**BRISBANE  
ENDOCRINE  
AND  
METABOLIC  
SPECIALISTS**

-  07 3544 1772
-  07 3544 1773
-  Admin@bemspecialists.com.au
-  Bemspecialists.com.au
-  BEMSpecialists
-  BEMSpecialists

## **Prescribed insulin regimen**

Long-acting insulin: \_\_\_\_\_

Rapid-acting insulin: \_\_\_\_\_

Mixed insulin/other: \_\_\_\_\_

**Notes:**

## **Diabetes Equipment Checklist**

- Blood glucose meter: \_\_\_\_\_
- Blood test strips for: \_\_\_\_\_
- Ketone testing strips for: \_\_\_\_\_
- Lancets (Needles for pricking finger) for: \_\_\_\_\_
- Insulin scripts
- Insulin pen needles – Size \_\_\_\_\_mm
- Sharps container
- BGL record booklet
- CGM (Libre, Dexcom) if applicable
- Hypoglycaemia treatment



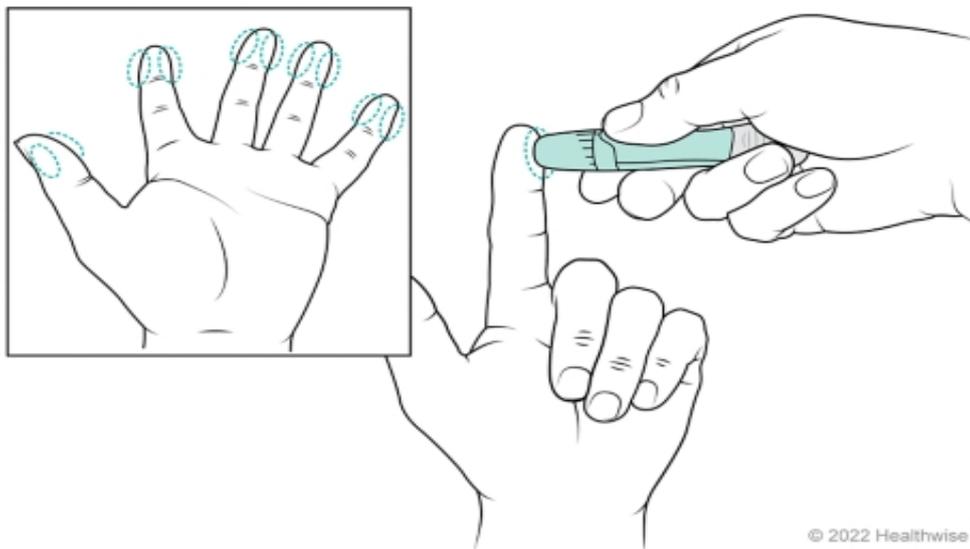
**BRISBANE  
ENDOCRINE  
AND  
METABOLIC  
SPECIALISTS**

-  07 3544 1772
-  07 3544 1773
-  [Admin@bemspecialists.com.au](mailto:Admin@bemspecialists.com.au)
-  [Bemspecialists.com.au](http://Bemspecialists.com.au)
-  [BEMSpecialists](https://www.instagram.com/BEMSpecialists)
-  [BEMSpecialists](https://www.facebook.com/BEMSpecialists)

## **Blood Glucose (BGL) Monitoring**

1. Clean your hands and dry thoroughly
2. Put strip into meter (this will automatically turn meter on)
3. Prick finger and gently squeeze blood
4. Place blood on test strip
5. Wait for blood glucose reading & record in diary

Your diabetes educator will advise you on the recommended frequency of your BGL monitoring and lancet hygiene.

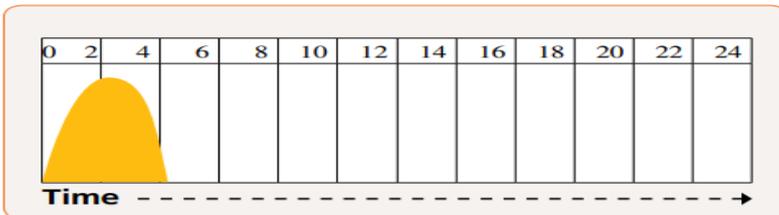




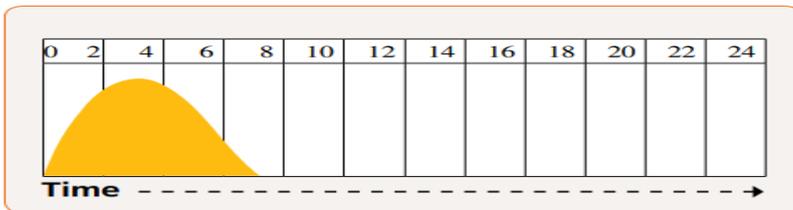
# BRISBANE ENDOCRINE AND METABOLIC SPECIALISTS

- ☎ 07 3544 1772
- ☎ 07 3544 1773
- ✉ Admin@bemspecialists.com.au
- 🌐 Bemspecialists.com.au
- 📷 BEMSpecialists
- 📘 BEMSpecialists

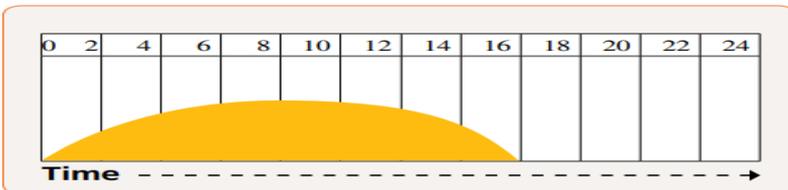
## Common Insulin Profiles



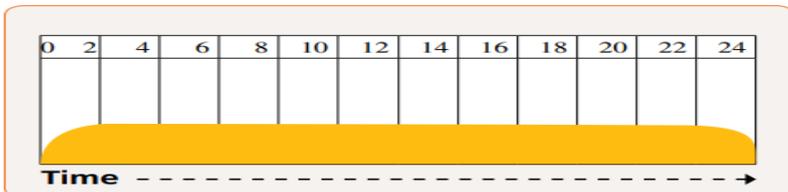
Rapid-acting Insulin  
Onset: Within 15 mins  
Peak: 1-2 Hours  
Duration: 3-4 hours



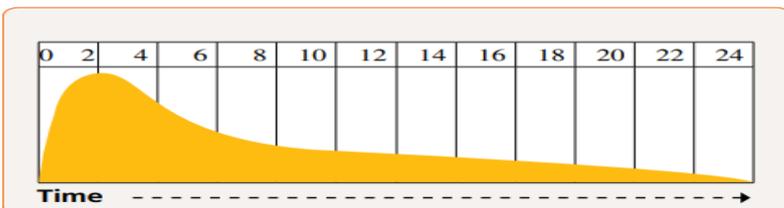
Short-acting Insulin  
Onset: Within 30 mins  
Peak: 2-3 Hours  
Duration: 3-6 hours



Intermediate-acting Insulin  
Onset: Within 2-4 hours  
Peak: 4-10 Hours  
Duration: 10-16 hours



Long-acting Insulin  
Onset: Within 2-4 hours  
Peak: No peak, stable  
Duration: 20-24 hours



Mix Insulin  
Onset: Varies  
Peak: Varies  
Duration: Up to 24 hours

## Supply and disposal of pen needles

- Pen needles are free of cost if you are a current member of NDSS
- Pen needles are single use only and should be changed every time insulin is given
- Sharps should never be placed directly into household rubbish, contact your local council regarding disposal of sharps in your home
- Approved sharps containers can be purchased from NDSS chemists



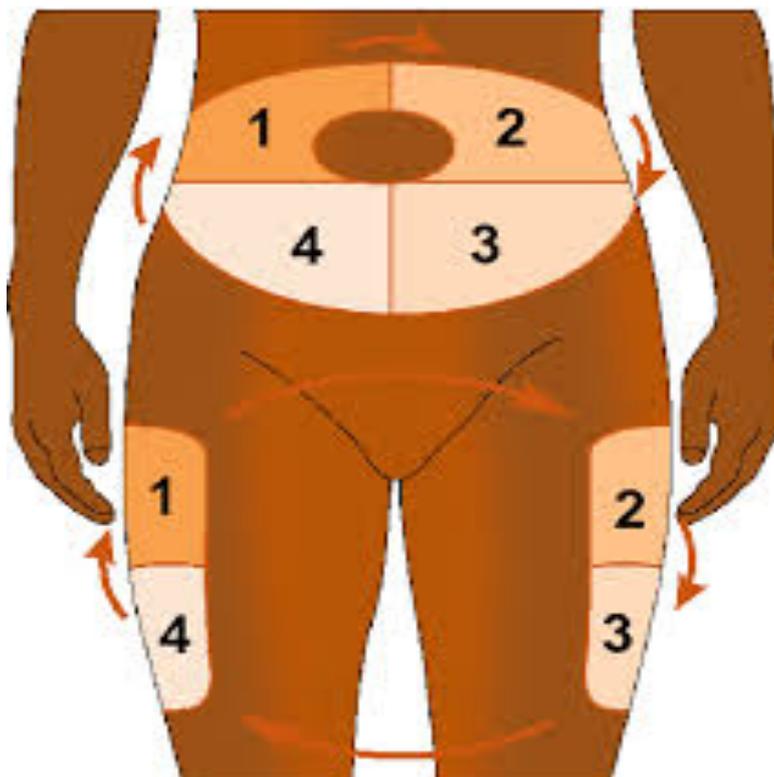
## Storage of Insulin

- Insulin is obtained on a doctor's script from a pharmacy
- Insulin in use should be stored at room temperature (avoid extreme temperatures)
- Insulin not being used should be stored in the fridge, (not the freezer or crisper) and taken out before being used on the day
- Check expiry dates before use
- Ensure insulin does not freeze, if so discard
- Once opened discard after one month and do not place back into the fridge



## Injection Sites

- Insulin is injected through the skin into the subcutaneous fat
- The abdomen is the best site to inject
- The next best site is the upper outer thigh
- Stay away from the belly button area, any scars and/or lumps
- Always move injection sites by 2cm each time (allowing for better absorption and prevents lumps)
- To make site rotation easier, you can split the site into 4 quadrants and use 1 quadrant per week
- Avoid injecting in same spot as this increases risk of developing something called lipohypertrophy (lipo)





-  07 3544 1772
-  07 3544 1773
-  Admin@bemspecialists.com.au
-  Bemspecialists.com.au
-  BEMSpecialists
-  BEMSpecialists

## Giving Insulin

1. Check BGLs before injecting insulin.
2. Peel off needle cover and screw needle onto pen until its tight.  
(Always use a new needle)
3. Remove **BOTH** caps
4. Dial up 2 units -> Air Shot
5. Dial up dose
6. Inject insulin
7. Count to 10 and take out needle.
8. Recap using big cap.
9. Twist off needle and dispose in sharps container.



**BRISBANE  
ENDOCRINE  
AND  
METABOLIC  
SPECIALISTS**

☎ 07 3544 1772

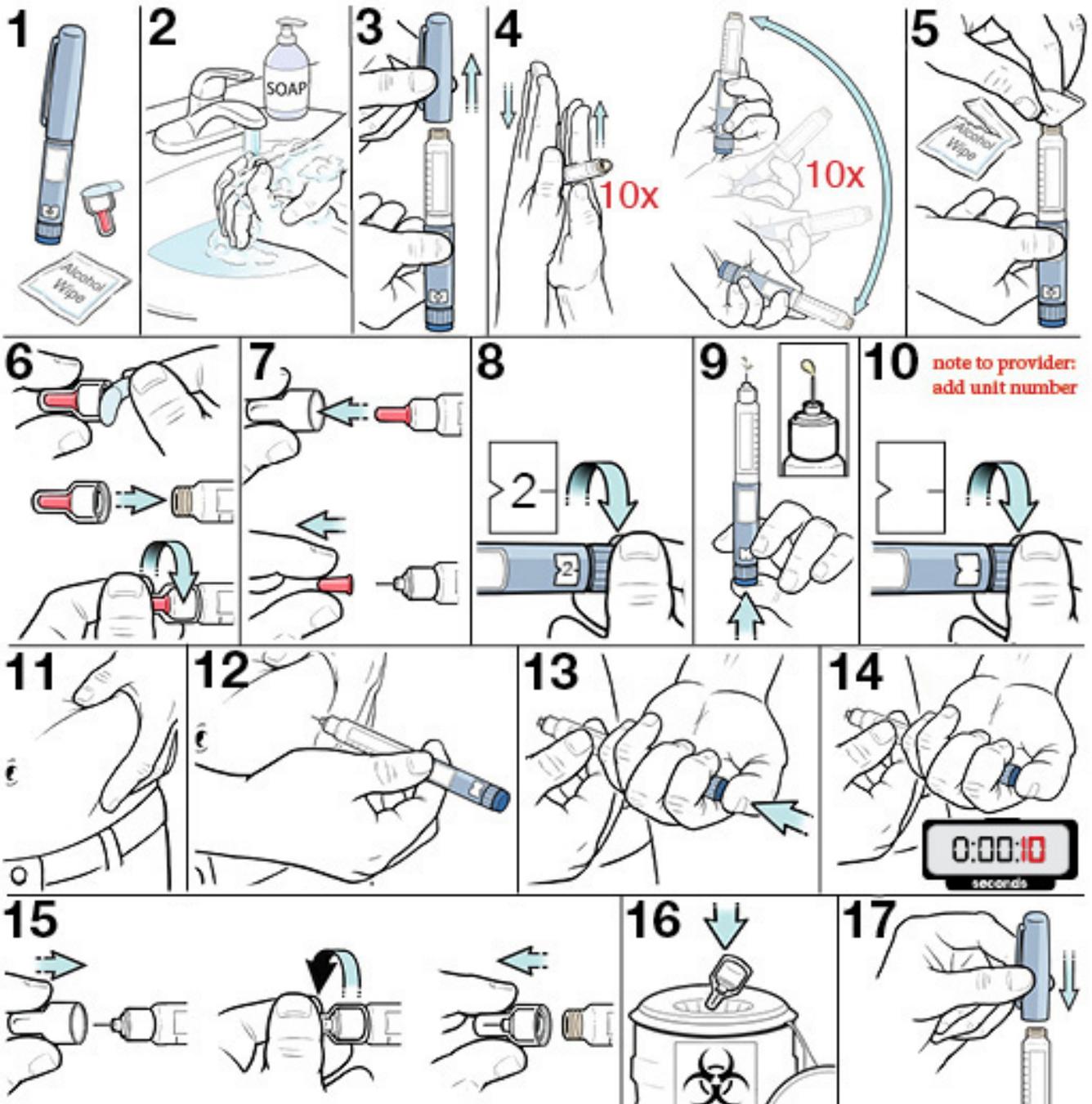
☎ 07 3544 1773

✉ Admin@bemspecialists.com.au

🌐 Bemspecialists.com.au

📷 BEMSpecialists

📘 BEMSpecialists





## Hypoglycaemia and Treatment

When blood glucose levels drop **below 4.0mmol/L** in people with diabetes, it is called **hypoglycaemia** (also known as a hypo or low blood glucose level).

Common causes of hypoglycaemia:

- Taking too much insulin or diabetes tablets
- Not eating enough carbohydrate
- Not reducing your insulin dose before physical activity
- Drinking alcohol without eating carbohydrates

Most people experience warning signs before having a hypo these are called symptoms. Symptoms of hypoglycaemia:

- Sweating
- Feeling weak or dizzy
- Shaky or trembling
- Hungrier than usual
- Headache
- Unusual behaviour – cranky, crying, tired (for no obvious reason)





**BRISBANE  
ENDOCRINE  
AND  
METABOLIC  
SPECIALISTS**

- ☎ 07 3544 1772
- ☎ 07 3544 1773
- ✉ Admin@bemspecialists.com.au
- 🌐 Bemspecialists.com.au
- 📷 BEMSpecialists
- 📘 BEMSpecialists

## Treating Hypoglycaemia

### Step 1

Test BGL levels

### Step 2

If below 4.0 mmol/L treat with one of these options:

Glucose tablets equal to 15g of carb, half a can of full sugar soft drink, 6-7 jellybeans, 150 ml juice popper



### Step 3

Wait 15 mins, wash hands and retest BGL level

### Step 4

If levels are still below 4.0 mmol/L repeat step 2 and 3.

If levels are above 4.0 mmol/L go to step 5.

### Step 5

Choose a lower GI carbohydrate snack: 1 piece of fruit, 1 slice of grain bread, 1 muesli bar

OR

Eat a meal containing carbohydrate: Grain bread sandwich, pasta or basmati rice, corn or sweet potato

