

Insulin: Regular

Brand names: Novolin R, Humulin R, ReliOn R

What does it do?

Provides the insulin your body needs to maintain normal levels of blood glucose (sugar).

This insulin starts working in 30 to 60 minutes.
It lasts for 6 to 8 hours.

How do I take it?

- This insulin is given as a shot under the skin of your upper arms, upper legs or belly (abdomen).
- Rotate the injection site within your chosen area. For example, if you always inject in your belly, use a different spot on your belly each time.
- Your care team will tell you the dose and how often to inject it.
- Inject it 30 minutes before you eat a meal.
- It comes in vials, pens or cartridges. **Don't** shake them. **Don't** use if insulin looks cloudy or thick.
- Your care team may give you longer-acting insulin to mix with regular insulin.

What are the possible side effects?

- Redness, swelling, pain, itching, burning or a lump at the injection site (where the shot was given).
- Changes at the injection site. The fatty tissue under the skin may change (shrink or thicken). Rotating the injection site can prevent this. **Don't** inject into skin that has shrunk or thickened.
- Low blood sugar (less than 70). Signs of low blood sugar include:
 - Sweating
 - Feeling shaky
 - Sudden hunger
 - Fast heartbeat
 - Feeling dizzy, confused or weak
 - Headache or problems seeing
 - Feeling grumpy

How do I manage low blood sugar?

- If your blood sugar is between 50 and 70, drink 1/2 cup juice or take 3 to 4 glucose tablets.
- If it's under 50, drink 1 cup juice or take 6 to 8 glucose tablets.
- Repeat the test every 15 minutes until your blood sugar is between 70 and 100. Call 911 if the level **doesn't** get better.
- Call your care team if you have low blood sugar 2 or more times per week.

continued

How should I store my insulin?

Keep **opened** insulin at room temperature. Keep it away from sunlight and heat.

Keep **unopened** insulin in the refrigerator. **Don't** freeze it.

Keep all medicine out of the reach of children and pets.

Type of insulin	How long it can be stored at room temperature
Novolin U-100 vials	42 days
Novolin U-100 FlexPen	28 days
Humulin U-100 vials	31 days
Humulin U-500 Kwikpen	28 days
Humulin U-500 vials	40 days

When should I call my diabetes care team?

You should call your care team right away if you notice any of the following:

- Frequent high or low blood sugar
- Nausea (feeling sick to your stomach) or vomiting (throwing up)
- Flu-like symptoms (fever, chills)
- Any sign of an allergic reaction, such as:
 - Hives or itchy skin
 - Swelling in the face, hands, mouth or throat
 - Tingling in the mouth or throat
 - A tight feeling in the chest
 - Trouble breathing, wheezing

What else should I know before taking this medicine?

- Before taking this medicine, tell your care team:
 - About all medicines you're taking, including over-the-counter drugs and herbal products
 - If you have kidney or liver disease
 - If you are pregnant or planning on becoming pregnant
 - If you are breastfeeding or plan to breastfeed
- Always carry some form of carbohydrate with you.
- Your dose may need to change when you are sick, or when you change your diet or activity level.
- Alcohol may cause symptoms that feel like low blood sugar. Check your blood sugar often when you drink beer, wine or spirits.
- **Don't** change brands of insulin without talking to your care team.