

Rapid-Acting Insulin

Aspart (AS-part), Lispro (LYE-spro) and Glulisine (GLOO-lis-een)

Brand names: NovoLog, Humalog, Apidra

What does it do?

Rapid-acting insulin helps your body maintain normal levels of blood sugar (glucose.)

This is a fast-acting, or bolus, insulin. It starts working in 10 to 20 minutes. It lasts for 3 to 4 hours.

Rapid-acting insulin is used to:

- Cover the carbs you eat and drink, and
- Correct out-of-range glucose levels.

How do I take it?

- You take this insulin as a shot under the skin of your upper arms, upper legs or belly (abdomen).
- Rotate the shot site within the area you choose. For example, if you inject in your belly, pick a different spot on your belly each time.
- Your doctor will tell you the dose and how often to inject it.
- Take the shot **before** you eat a meal or snack.

This insulin comes in vials, pens or cartridges.

- **Don't** shake it.
- **Don't** use it if insulin looks thick, cloudy, a different color, or has tiny specks in it.

If you miss a dose: Check your glucose and use your correction scale. This will tell you how much insulin to take.

What are the possible side effects?

- You may have redness, swelling, pain, itching, burning or a lump where you got the shot.
- The fatty tissue under the skin may shrink or thicken. You can prevent this by changing the injection site. **Don't** inject into skin that has shrunk or thickened.
- You may have low blood glucose (less than 70). Signs of low blood glucose include:
 - Sweating
 - Feeling shaky
 - Sudden hunger
 - Fast heartbeat
 - Feeling dizzy, confused or weak
 - Headache or problems seeing
 - Feeling irritable.

continued

How should I store my insulin?

This insulin is good for 28 days after you open it. Store **opened** insulin at room temperature. Keep it away from sunlight and heat.

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

Keep medicine out of the reach of children and pets.

When should I call my diabetes care team?

You should call the doctor right away if you notice any of the following:

- Your blood glucose is often too high or too low.
- You feel sick to your stomach (nauseous), or you throw up (vomit).
- You get flu-like symptoms, such as fever or chills.
- You have 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 doctor:
 - About all medicines you are taking, including over-the-counter drugs and herbal products
 - If you have kidney or liver disease
 - If you are pregnant, or planning to get pregnant
 - If you are breastfeeding or planning on breastfeeding
- Always carry some form of carbohydrate with you.
- Your dose may need to change when you:
 - Are sick,
 - Change your diet, or
 - Become more or less active.
- Alcohol may cause symptoms that feel like low blood glucose. Check your blood glucose often when drinking wine, beer or spirits.
- **Don't** change brands of insulin without talking to your doctor.