

Mixed Insulin

Aspart (AS-part), Lispro (LYE-spro), NPH and Regular Insulins

Brand names: NovoLog Mix, Humalog Mix, Novolin, Humulin

What does it do?

Provides the insulin the body needs to maintain normal levels of blood glucose.

This is a mix of rapid- or short-acting insulin *and* intermediate-acting (medium-acting) insulin.

The insulin comes pre-mixed. It lasts 12 to 18 hours.

How do I take it?

- This insulin is given as a shot under the skin of your upper arms, upper legs or stomach (abdomen).
- Rotate where you take the shot within your chosen area. For example, if you always inject in your stomach, inject a different spot in your stomach each time.
- Your doctor will tell you the dose and how often to inject it.
- Inject it:
 - 15 minutes before eating a meal (rapid-acting mix).
 - 30 minutes before eating a meal (short-acting mix).

Humalog, Humulin, Novolog and Novolin

Before using, roll the pen, vial or cartridge between your hands to mix well. Do not shake it. After mixing, it should look milky.

With any insulin...

- Do not use it if the color looks different, or if you see floating bits (particles).
- **If you miss a dose:** Call your diabetes care team.
- **Do not mix these insulins in a syringe with any other insulin.**

What are the possible side effects?

You may have redness, swelling, pain, itching, burning or a lump at the injection site (where the shot was given).

You may have changes at the injection spot. The fatty tissue under the skin may shrink or thicken. Rotating the spot where you inject can help prevent this. **Do not** inject into skin that is like this.

You may have low blood glucose (less than 70). Signs of low blood glucose include:

- Sweating
- Weight gain
- Feeling shaky or sudden hunger
- Fast heartbeat
- Feeling dizzy, confused or weak
- Headache or problems seeing
- Feeling irritable

How should I store my insulin?

- Store **opened** insulin at room temperature. Keep it away from sunlight and heat.
- Store **unopened** insulin in the refrigerator. Do not freeze it.
- Keep medicine out of the reach of children and pets.

Type of insulin	How long can I keep it at room temperature?
Humalog Mix Vial	28 days
Humalog Mix Flexpen	10 days
Novolin Mix Vial	42 days
Humulin Mix Vial	31 days
Humulin Mix Pen	10 days
Novolog Mix Vial	28 days
Novolog Mix Pen	14 days

When should I call my diabetes care team?

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

- Frequent high or low blood glucose
- 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 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 plan to breastfeed.
- Always carry some form of carbohydrate with you.
- Your dose may need to change when you are ill or when you change your diet or activity.
- Alcohol may cause symptoms that feel like low blood glucose. Check your blood glucose often when drinking alcohol.
- Do not change brands of insulin without talking to your doctor.