



Insulin and Meals

Insulin is given to regulate blood glucose levels. Carbohydrates in food raise your blood glucose, Insulin lowers blood glucose levels.

Rapid acting/rapid acting mixture analogue insulin has to be given **WITH food**

Short acting/short acting mixture human insulin (including animal insulins) **20 – 30 minutes BEFORE food**



IF THE TIMING IS WRONG YOUR PATIENT IS AT RISK – and that's more risk for you to manage

If insulin is given too early the patient will have a Hypo – A hypo means more work for you:

Managing the hypo
Documenting
Incident reporting

Work with your patients to make sure they have The RIGHT INSULIN at the RIGHT TIME

Remember some patients eat their meals at different times, they will need their insulin with their meals.

Rapid acting/Rapid acting mixtures.

Novorapid.
Humalog.
Apidra.
Novomix 30.
Humalog mix 25.
Humalog mix 50.

WITH FOOD

Short acting/Short acting mixtures.

Humulin S.
Actrapid.
Insuman Rapid.
Humulin M3.
Insuman comb 15/25/50

20-30 MINUTES BEFORE FOOD