TAKING INSULIN

Insulin works best when you inject it into the fatty parts of the body just under the skin.

Common places to inject insulin are the:

- back or sides of the upper arms
- outer part of the upper legs (thighs)
- stomach - but not within 2 inches of the belly button

Before you leave the doctor’s office or clinic, be sure you know how to:

- prepare insulin
- inject insulin
- change where you inject
- store insulin, and
- keep a record of the insulin you use

Call your doctor’s office or health clinic right away if you have any questions about taking your insulin.

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<tr>
<th>INSULIN</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>BEDTIME</th>
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