Many types of insulin are available in pen form, which takes the hassle out of preparing doses. For more information on insulin pens, visit: http://insulinpens.com.

[ Extra care is needed because NovoLog is a high-alert medicine. ]

High-alert medicines have been proven to be safe and effective. But these medicines can cause serious injury if a mistake happens while taking them. This means that it is very important for you to know about this medicine and take it exactly as directed.

**When taking your medicine**

- **1. Know your insulin.** NovoLog is a rapid-acting form of insulin that should be injected below the skin 5 to 10 minutes before meals. Have food ready before injection. After injecting the insulin, do not skip a meal or delay eating.

- **2. Prepare your insulin.** An intermediate- or long-acting insulin is often prescribed with NovoLog. NovoLog can be mixed with insulin NPH (intermediate-acting insulin), but always draw NovoLog into the syringe first. Never mix NovoLog with Lantus. Do not mix NovoLog with other insulins if using an insulin pen or external pump. Do not vigorously shake insulin before use.

- **3. Don’t reuse or recycle.** Dispose of used syringes/needles, pens, and lancets in a sealable hard plastic or metal container (e.g., empty detergent bottle, special sharps container from your pharmacy). When the container is full, seal the lid and discard the container according to your community guidelines (www.safeneedledisposal.org). Do not reuse or recycle syringes/needles or lancets.

- **4. Don’t share.** Even if you change the needle, sharing an insulin pen or syringe may spread diseases carried in the blood, including hepatitis and HIV.

**To avoid serious side effects**

- **5. Avoid mix-ups.** If you use more than one type of insulin, make each vial or pen look different by putting a rubber band around one type of insulin.

- **6. Check your medicine.** NovoLog can be confused with Humalog (another rapid-acting insulin). When you pick up your insulin at the pharmacy, be sure it’s the right type of insulin.

- **7. Treat low blood sugar (hypoglycemia).** Carry a quick source of sugar, such as glucose tablets, candy, or juice, to treat low blood sugar. Signs of low blood sugar are listed on the other side of the page.

- **8. Test your blood sugar level.** Ask your doctor how often you should test your blood sugar level. Keep a log of your blood sugar levels and how much insulin you take each day. Bring the log with you each time you visit your doctor.

- **9. Get a periodic lab test.** You should have a hemoglobin A1c test at least twice a year to determine how well your diabetes is being controlled. The test shows an average of your blood sugar control over a 6- to 12-week period. Your goal is a hemoglobin A1c of 7% or less.

**When you should call your doctor**

- **10. Call for illness or changes in habits.** Your insulin needs may change because of illness, stress, changes in eating habits or physical activity, and other medicines you take. Call your doctor if you experience these conditions. Never change your insulin dose unless advised by your doctor.
This information does not replace the need to follow your doctor’s instructions and read the drug information leaflet provided with your prescription.

This project was supported by grant number R18HS017910 from the Agency for Healthcare Research and Quality. The content is solely the responsibility of the authors and does not represent the official views of the Agency for Healthcare Research and Quality.