

# TAKING INSULIN

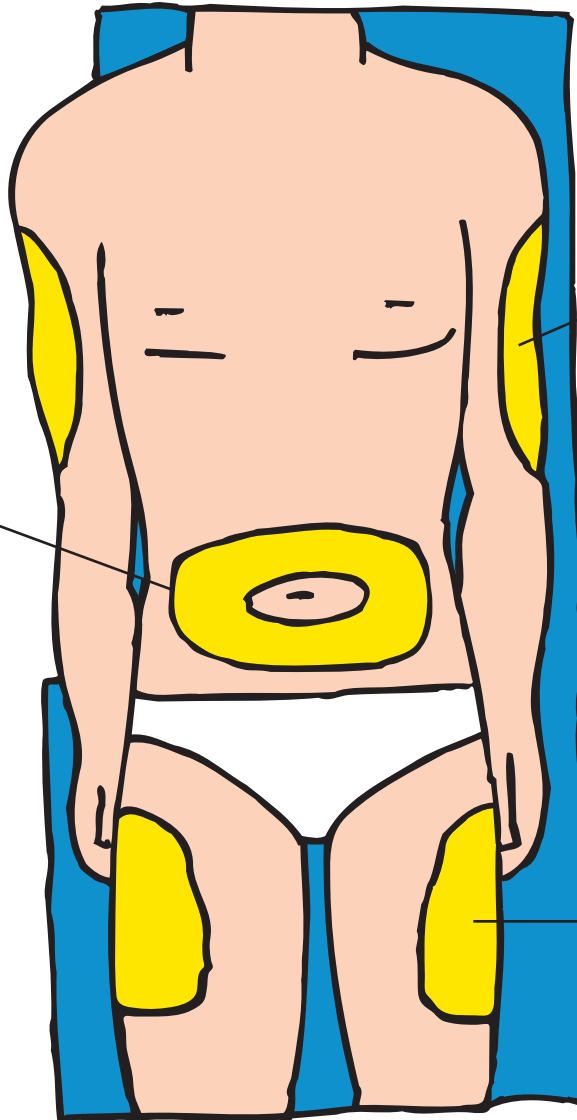
Insulin works best when you inject it into the fatty parts of the body just under the skin.

Common places to inject insulin are the:

stomach - but not within 2 inches of the belly button

back or sides of the upper arms

outer part of the upper legs (thighs)



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

| INSULIN | BREAKFAST | LUNCH | DINNER | BEDTIME |
|---------|-----------|-------|--------|---------|
|         |           |       |        |         |
|         |           |       |        |         |

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