9 Common Insulin Mistakes You Need to Avoid Making

by NEWLIFEOUTLOOK TEAM

Common Insulin Mistakes

Type 2 diabetes is adult-onset diabetes where the body’s ability to break down sugar is lost due to problems with islet cells in the pancreas. In such an event, an external supply of insulin through injections may be necessary to keep up the person’s health. Avoid making these insulin mistakes.

1. Adjusting Your Dose

Even if you are regularly on insulin injections, don’t make the mistake of adjusting dosages each time you indulge in your craving for some sweet treats. Many times, this mistake can prove to be quite dangerous, and eventually, you'll need large doses to control the condition.

Discuss what you can and cannot have with your doctor. Make sure that you follow a routine procedure when on insulin doses.

2. Not Wearing Diabetes Medical Identification

Choose and use a diabetes tag. Should an emergency arise and you are unconscious, the tag will alert the medical team of your diabetes. This is vital to care and recovery in any serious diabetic situation.

3. Not Carrying Medication

Carry information about your insulin dosage and medication on you at all times. Keep dextrose tablets and insulin measuring equipment in your car or purse. This allows you to be prepared in case of delays or unplanned meals.

You may find yourself stuck in traffic or having other problems with transportation. Therefore, being prepared is important to your well-being.

4. Losing Track of Your Schedule

Sometimes, you are so busy and have so many things on your mind that you just cannot remember if you took your medicine at the last assigned time. Organization and careful scheduling with reminders will help you to keep track and avoid this mistake.

5. Skipping Doctors Appointments

Don’t make the mistake of putting off going to the doctor about any discomfort or nausea you are experiencing.

Don’t try to rationalize this away, because dismissing it can lead to severe complications, which are best avoided

with timely scheduled visits to your doctor.

Specialist appointments are important, too. Have regular appointments with your podiatrist, dentist, and ophthalmologist. Ensure that you discuss the medication with the physician who prescribed it to you and any other medical professional you may be seeing.

Doing so will allow your medical team to be on the same page and provide the best care.

6. Not Separating Insulin Pens

If you are on new analog insulin, use separate pen needles for the long and short-acting medication. The new types cannot be mixed, and it is best to keep them separate to avoid contamination.

Use different colored labels, especially if you have a problem remembering which is which.

7. Using an Old Insulin Bottle

Don’t make the mistake of not changing insulin bottles every month. Don’t leave an old insulin bottle for long, as it weakens the potency.

Throw away all old bottles, used and unused. Buy a new one as required each month rather than stocking up too many bottles, or have an arrangement for delivery from the pharmacist if you can’t travel.

8. Exercising Carelessly

When exercising, take care to eat at regular breaks to keep the calorie count adjusted, and take insulin as required.

Discuss with your doctor about your exercise routine and what dosages are necessary each time. Clearing all queries helps you to avoid making mistakes.

9. Storing Insulin Incorrectly

Keep insulin bottles in a safe location at a stable temperature. Don’t store them in areas that are too hot or cold and or places that have temperature variations, such as the kitchen.

If you live in a hot climate or are traveling to such places, look at keeping the bottles cool.