

Pre-Mixed Insulin

Premixed insulin is a combination of short and long-acting insulin. The short-acting part of your insulin starts to work within 30 minutes and the long-acting works more gradually for 5-10 hours.

Insulin Injection Timing and Diet

Pre-Mixed Insulin: Humulin 30/70, Novolin ge 30/70, Novolin 40/60, Novolin ge 50/50	Pre-Mixed Analogues: Humalog Mix25, Humalog Mix50, NovoMix 30
<ul style="list-style-type: none">• Take 15-30 minutes before your breakfast and supper• Space meals 4-6 hours apart• You may need an afternoon snack with 30/70 and a morning snack with 50/50	<ul style="list-style-type: none">• Take immediately before your breakfast and supper (up to 10 minutes before meal)• Space meals 4-5 hours apart• You will not usually require between meal snacks

- Gently mix before each injection; they should be evenly cloudy
- Consume a carbohydrate containing snack at bedtime
- Include the same amount of carbohydrate at your meals
- If you are more active, you may need a snack before, during or after the activity
- Always carry fast acting carbohydrate (ie. juice box, Rockets) with you

Blood Sugar Checking

- It is recommended to check before every meal and at bedtime
- Checking before breakfast shows how your longer-acting insulin is working
- Checking before lunch shows how the short-acting insulin at breakfast is working
- Checking before supper shows how the long-acting insulin at breakfast is working
- Checking at bedtime shows how the short-acting insulin at supper is working
- Writing down your blood glucose in a logbook will help you identify patterns
- If you have a pattern of low or high blood glucose, your insulin may need to be adjusted

Things to Expect

- Your blood glucose may go higher initially
- Your insulin doses will likely need to be adjusted and it may take a few weeks to determine the effective doses
- Your insulin dose at breakfast may be different than at supper

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



sjhc.london.on.ca