

Newport Pagnell Medical Centre.

Starting on insulin therapy – patient information sheet

WHY INSULIN?

One week after starting insulin see your doctor for your review.

Remember a lot of people take a while to adjust their doses and get to the target of between 4-7 mmol/l

For people with type 1 diabetes the ONLY treatment is insulin. As type 2 diabetes is progressive, approximately 50% of people with type 2 diabetes will require insulin after being diagnosed with type 2 diabetes for 7-10 years.

WHAT DOES INSULIN DO?

Insulin helps move sugars in the bloodstream into the cells in your body that need the sugar for energy. By doing this insulin controls and maintains your blood sugars at satisfactory levels. (Between 4mmol-7mmol)

WHEN SHOULD INSULIN BE STARTED?

A regular blood test known as HBA1c will determine what your average blood sugars are over a three month period. Recommendations may vary dependent on a number of factors, but generally speaking your HBA1c result should be around 6.5-7.5% where **7% or below** is the ideal target.

BUT I ALREADY TAKE TABLETS?

If you are on maximum and the highest dose of tablets, eating the recommended diet, and being as physically active as your general health allows and still finding that your blood sugars are high and you have a **raised HBA1c** we will start recommending **insulin be initiated**.

It is perfectly normal to feel anxious about starting insulin. Everybody worries that they won't be able to cope with administering injections, that it will be very painful and that they may make a 'mistake.'

What's important to remember is that insulin will make you feel better, give you more energy, take away any symptoms you may have and improve your blood sugar control. We will help and support you through the processes and will be available for advice and on-going help.

