

## **Insulin pen start** checklist

Topic	Instruction date & initals	Comments
1. Cognitive Assessment		
2. Insulin delivery		
• loading		
<ul> <li>appropriate mixing</li> </ul>		
priming shot		
dialing up dose		
delivery of insulin		
3. Insulin		
• type/action time		
frequency/timing		
• injection sites		
needle length		
storage/expiry		
4. Return demonstration		
5. Hypoglycemia		
signs/symptoms		
causes/preventions		
• treatment		
diabetes identification		
6. Glucose checks		
recommend a monitoring schedule		
7. Sharps disposal		
8. Snacks		
9. Driving		
10. Instructions for oral medication		
11. Follow-up		
dose adjustment		
• A1c every 3 months		

## **DIABETES**CANADA

## CANADA diabetes.ca | 1-800 BANTING (226-8464) | info@diabetes.ca

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and, funding research to improve treatments and find a cure.

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