INSULIN Discussion Guide

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QUESTIONS ABOUT STARTING INSULIN

- ☐ Is my A1C level higher than 7% (or the personal goal set by my healthcare team)?
- ☐ Have I done everything (healthy eating, exercise, oral diabetes medications) that I can to reach my targeted A1C goal?
- ☐ Why isn't it enough to take oral diabetes medications alone?
- ☐ Would adding insulin to my diabetes treatment plan be right for me?
- ☐ What insulin types might be right for me?

QUESTIONS ABOUT TAKING INSULIN

- ☐ Which method (syringe, pump or pen) for taking insulin would be best for me?
- ☐ How will I learn to inject insulin and is it difficult?
- ☐ What time of the day should I take insulin?
- ☐ Do I need to eat before or after taking insulin?
- ☐ How long does it take for insulin to start working?
- ☐ Where should insulin be stored?
- ☐ How often will I need to check my blood sugar levels?
- ☐ What are my blood sugar goals?

CONCERNS ABOUT USING INSULIN

- ☐ How will insulin affect my oral diabetes medications?
- ☐ Will my other medications require me to adjust my insulin? (Be sure to give your doctor a list of all your current medications)
- ☐ Can insulin cause me to have low blood sugar?
- ☐ Will I gain weight?
- ☐ Will I have to change my lifestyle (hobbies, job, etc.) if I start taking insulin?
- ☐ How will my meal planning be affected?
- ☐ If I don't like insulin, can I stop taking it?

If you have questions not on the list, be sure to write them in the space below.

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US.GLA.08.11.036

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Important Safety Information for Insulin

Possible side effects may include blood sugar levels that are too low, injection site reactions, and allergic reactions, including itching and rash. Tell your doctor about all other medicines and supplements you are taking because they could change the way insulin works. Glucose monitoring is recommended for all patients with diabetes.

The health information contained herein is provided for general education purposes only. Your healthcare professional is the single best source of information regarding your health. Please consult your healthcare professional if you have any questions about your health or treatment.

If you have type 2 diabetes, talk to your doctor and call 1-866-GO-INSULIN.