

# INSULIN 101: USING INSULIN



## HOW MUCH INSULIN SHOULD I USE?

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It depends. Sometimes, people need to choose their dose of insulin. When choosing how much insulin to use, people need to think about what they plan to **eat** at the next meal, how much **exercise** they plan to do, and what their **blood sugar** level is.

People also usually need to **change** their insulin dose if they:

- » Have **surgery**, get **sick**, or get **pregnant**
- » **Eat** out or travel
- » Gain or lose **weight**
- » Ask your doctor or nurse **how to change** your insulin dose during these times.



## HOW MANY TIMES A DAY SHOULD I USE INSULIN?

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It depends. Your doctor will work with you to make a **treatment plan** that tells you

- » **When** to use insulin
- » **What type** of insulin to use
- » **How much** insulin to use

Some people use the same amount of insulin **one** or **two** times a day, at the same time each day. But **many people** use insulin **three** or **more** times a day, usually before each meal. Using insulin three or more times a day can control a person's blood sugar level better.