PATIENT & CAREGIVER EDUCATION

Insulin NPH and Insulin Regular

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

HumuLIN 70/30; HumuLIN 70/30 KwikPen; NovoLIN 70/30; NovoLIN 70/30 FlexPen; NovoLIN 70/30 FlexPen Relion

Brand Names: Canada

Humulin 70/30; Novolin ge 30/70; Novolin ge 40/60; Novolin ge 50/50

What is this drug used for?

- It is used to lower blood sugar in patients with high blood sugar (diabetes).

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have low blood sugar.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Low blood sugar may happen with this drug. Very low blood sugar can lead to seizures, passing out, long lasting brain damage, and sometimes death. Talk with the doctor.
- Low blood potassium may happen with this drug. If not treated, this can lead to a heartbeat that is not normal, very bad breathing problems, and sometimes death. Talk with the doctor.
- Avoid driving and doing other tasks or actions that call for you to be alert until you see how this drug affects you.
- Some diabetes drugs like pioglitazone or rosiglitazone may cause heart failure or make it worse in people who already have it. Using insulin with these drugs may increase this risk. If you also take one of these drugs, talk with the doctor.
- Be sure you have the right insulin product. Insulin products come in many containers like vials, cartridges, and pens. Be sure that you know how to measure and get your dose ready. If you have any questions, call your doctor or pharmacist.
- It may be harder to control blood sugar during times of stress such as fever, infection, injury, or surgery. A change in physical activity, exercise, diet, or weight may also affect blood sugar.
- Wear disease medical alert ID (identification).
- Check your blood sugar as you have been told by your doctor.
- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- Do not drive if your blood sugar has been low. There is a greater chance of you having a crash.
- Talk with your doctor before you drink alcohol or take products that have

alcohol in them.

- Follow the diet and exercise plan that your doctor told you about.
- Do not share your insulin product with another person. This includes any pens, cartridge devices, needles, or syringes, even if the needle has been changed. Sharing may pass infections from one person to another. This includes infections you may not know you have.
- If you are 65 or older, use this drug with care. You could have more side effects.
- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat. Rarely, some allergic reactions have been life-threatening.
- Signs of low potassium levels like muscle pain or weakness, muscle cramps, or a heartbeat that does not feel normal.
- Thick skin, pits, or lumps where the injection was given.
- Swelling in the arms or legs.
- Low blood sugar may happen. Signs may be dizziness or passing out, blurred eyesight, mood changes, slurred speech, headache, feeling sleepy or weak, shaking, fast heartbeat, confusion, hunger, sweating, or seizures. Call the doctor right away if any of these signs happen. Follow what you have been

told to do if low blood sugar happens. This may include taking glucose tablets, liquid glucose, or some fruit juices.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Weight gain.
- Irritation where the shot is given.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

All products:

- It is given as a shot into the fatty part of the skin in the upper arm, thigh, buttocks, or stomach area.
- If you will be giving yourself the shot, your doctor or nurse will teach you how to give the shot.
- This drug needs to be mixed before use. Follow how to mix as you were told by the doctor.
- This drug will look cloudy and milky when ready to use. Do not use if the solution looks clear or has lumps in it. Do not use if powder is stuck to the sides of the container.

- Take 30 to 45 minutes before meals.
- Move the site where you give the shot with each shot.
- Do not give into skin that is thickened, or has pits or lumps.
- Do not give into skin that is irritated, tender, bruised, red, scaly, hard, scarred, or has stretch marks.
- Do not use if the solution is leaking or has particles.
- Do not use if solution changes color.
- Do not mix this insulin in the same syringe with other types of insulin.
- Do not mix with other liquids.
- Throw away needles in a needle/sharp disposal box. Do not reuse needles or other items. When the box is full, follow all local rules for getting rid of it. Talk with a doctor or pharmacist if you have any questions.
- Be sure you know what to do if you do not eat as much as normal or if you skip a meal.
- This drug must not be used in an insulin pump. If you have questions, talk with the doctor.

Vials:

- Do not draw into a syringe and store for future use.

Cartridges and prefilled pens:

- Remove all pen needle covers before injecting a dose (there may be 2). If you are not sure what type of pen needle you have or how to use it, talk with the doctor.
- Take off the needle after each shot and safely put it in a needle/sharp disposal box. Do not store this device with the needle on it.
- This product may make a clicking sound as you prepare the dose. Do not prepare the dose by counting the clicks. Doing so could lead to using the wrong dose.

- Do not move this drug from the pen to a syringe.

What do I do if I miss a dose?

- Be sure you know what to do if you forget to take a dose.
- If you are not sure what to do if you miss a dose, call your doctor.

How do I store and/or throw out this drug?

- Store unopened containers in a refrigerator. Do not freeze.
- Do not use if it has been frozen.
- If an unopened container has been stored at room temperature, be sure you know how long you can leave this drug at room temperature before you need to throw it away. If you are not sure, talk with the doctor or pharmacist.
- After opening, be sure you know how long the product is good for and how to store it. Ask the doctor or pharmacist if you are not sure.
- Protect from heat and light.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your

pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.

- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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