

Insulin Safety – Never Stop Insulin in Type 1 Diabetes – Risk of DKA

- i** To minimise insulin errors all insulin prescriptions should comply with safe prescribing standards.
- i** The principles of a safe insulin prescription can be summarized using the 6 R's.

1

Right Person

Check prescription with patient, carer or relative.
They are the experts on their diabetes.



2

Right Insulin

Prescribe by brand name be aware of sound-a-like insulins,
think about the regime, does it make sense?



3

Right Dose

Confirm dose with patient, carer or relative. Question and clarify
doses which seem unusual - use the 25-50 rule opposite.



4

Right Strength

Some insulins are now available in double and triple strengths -
ensure strength is clearly indicated in the prescription



5

Right Time

Insulin is a time critical drug, ensure prescribed at correct time
e.g. rapid acting insulin with meals



6

Right Device

Name of device needs including



⚠ Never

abbreviate 'units' to
'u' due to risk of 10 x
overdose and death

25- 50 rule:

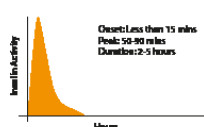
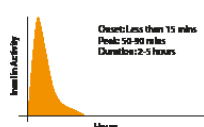
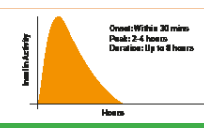
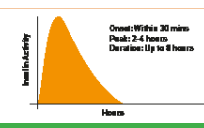
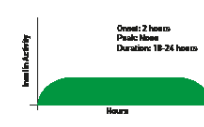


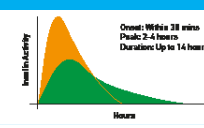
Question any dose of:

- **Rapid acting** insulin
over **25 units** or
any
- **Longer acting** insulin
over **50 units**



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i Understanding how different insulins work is key to the safe use of insulin. The table below shows the commonly used insulins and their profiles.

BRAND NAME	GENERIC	DEVICE			TIME PROFILE	DOSING SCHEDULE	
		Vial	Disposable pen	Cartridge			
RAPID ACTING INSULIN ANALOGUES/SHORT ACTING SOLUBLE INSULINS							
Novorapid	Insulin Aspart	✓	FLEXPEN & FLEXTOUCH	✓		Usually <u>THREE</u> times a day	
Humalog	Insulin Lispro 100 units/ml	✓	KWIKPEN	✓			<u>IMMEDIATELY</u> before, or just after food Or When required for Hyperglycaemia
	200 units/ml	✗	KWIKPEN	✗			
Apidra	Insulin Glulisine	✓	SOLOSTAR	✓			
Fiasp	Insulin Aspart	✓	FLEXTOUCH	✓		Usually <u>THREE</u> times a day	
Actrapid	Human soluble insulin	✓	✗	✗			30 minutes before, or just after food
Humulin S		✓	✗	✓			
Insuman Rapid		✗	✗	✓			
LONG ACTING INSULIN ANALOGUES/INTERMEDIATE ACTING INSULINS							
Levemir	Insulin Detemir	✗	FLEXPEN & INNOLET	✓		<u>ONCE</u> or <u>TWICE</u> a day	
Abasaglar	Insulin Glargine	✗	KWIKPEN	✓			
Lantus		✓	SOLOSTAR	✓			
Toujeo		✗	SOLOSTAR	✗			
Tresiba	Insulin Degludec 100 units/ml	✗	FLEXTOUCH	✓		<u>ONCE</u> or <u>TWICE</u> a day	
	200 units/ml	✗	FLEXTOUCH	✗			
Insuman Basal	Isophane insulin	✓	SOLOSTAR	✓		<u>ONCE</u> or <u>TWICE</u> a day	
Insulatard		✓	INNOLET	✓			
Humulin I		✓	KWIKPEN	✓			
PRE-MIXED BIPHASIC INSULIN ANALOGUES/ PRE-MIXED BIPHASIC INSULIN							
Novomix 30	Biphasic insulin Aspart	✗	FLEXPEN	✓		<u>TWICE</u> or <u>THREE</u> times a day 15 minutes before, or just after food	
Humalog Mix 25	Biphasic insulin Lispro	✓	KWIKPEN	✓			
Humalog Mix 50		✗	KWIKPEN	✓			
Humulin M3	Soluble and Isophane insulin	✗	KWIKPEN	✓			Time profile varies on the proportion of short acting insulin
Insuman Comb 15		✗	✗	✓			
Insuman Comb 25		✓	SOLOSTAR	✓			
Insuman Comb 50		✗	✗	✓			

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