



# Know your insulin

For primary care nurses and allied health professionals

## What is insulin?

Insulin is a hormone produced by beta cells in the pancreas. It works by:

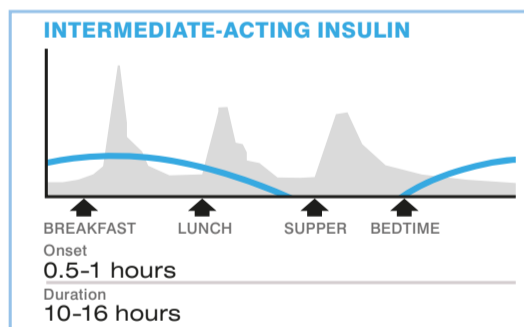
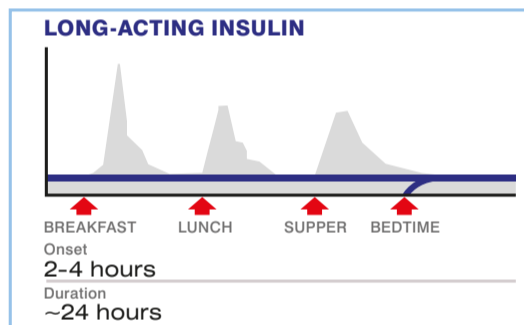
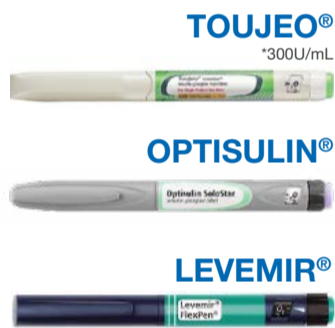
1. allowing glucose to move from the blood stream and into cells for energy; and
2. controlling the release of glucose from the liver.

## Who needs insulin?

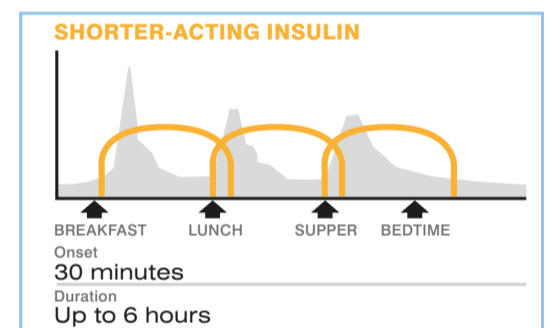
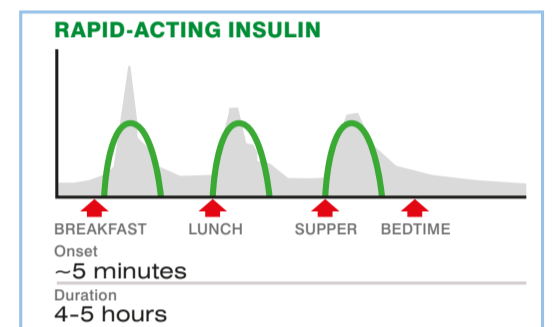
For all people with type 1 diabetes injected insulin is essential and should never be stopped. Some people with type 2 diabetes will require insulin injections as their condition progresses.

## Types of insulin

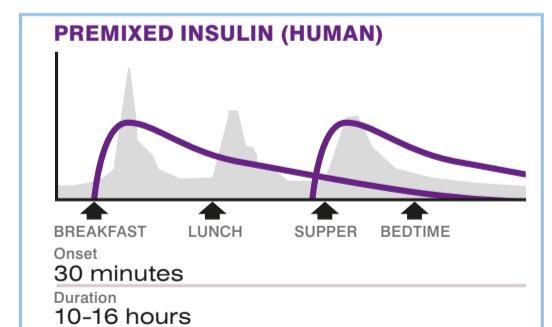
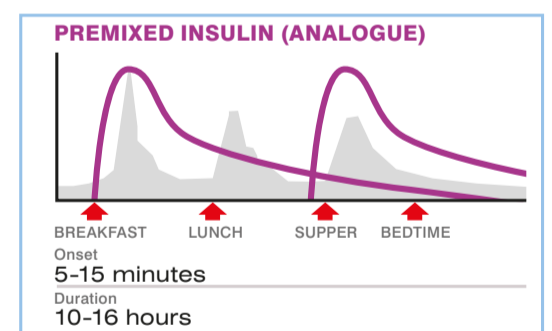
**1. Basal insulin** A background insulin, medium to long-acting, used to control fasting glucose levels.



**2. Bolus insulin** An ultra-rapid, rapid or short-acting insulin given before meals or for correction of elevated blood glucose levels (BGLs). (Note: Rapid-acting insulins must be given at mealtime, usually no more than 15 minutes before a person starts eating. Fiasp must be given during or immediately after the meal).



**3. Premix insulin** A mix of 2 types of insulin (combining bolus and basal). Should be given at meal time no more than 15 minutes before a person starts eating. Can be given twice a day at least 6-8 hours apart.



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