

Are you thinking about starting mealtime insulin?

Before you go to your healthcare professional appointment, go through this discussion guide. It'll provide you with a nice foundation of relevant questions to ask and will ensure that you don't walk out of the appointment without getting the answers you need.

1 What are my mealtime blood sugar goals? Am I within the recommended range?

2 How does mealtime insulin differ from long-acting insulin? Would adding a mealtime insulin to my diabetes treatment plan be right for me?

3 Which method for taking insulin would be the best for me (syringe, pump, or pen)?

4 How will I learn to inject mealtime insulin?

5 What time(s) of the day should I take mealtime insulin?

6 How will my meal planning be affected?
