

# PATIENT SPECIFIC DIRECTION – Subcutaneous Administration of Insulin (Secondary care discharges)

<b>Patient Name:</b>  <b>NHS number:</b>  <b>Date of birth:</b>	<b>Address:</b>   <b>GP Practice:</b>
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Is the patient on oral anti-diabetic medications? (Please tick)

YES  NO  If YES, please review the current medication list

Target range of blood glucose level:                      mmol/l to                      mmol/l

DATE AUTHORISED	INSULIN Name & Strength <small>(CAPITAL letters and brand name)</small>	DOSE (units)	DEVICE		TIMING / SPECIAL INSTRUCTIONS <small>See guidance overleaf</small>	START DATE	REVIEW DATE <small>(max 1 month)</small>	Prescriber Authorisation <small>(appropriate NMP/Dr F2 or above)</small>
			3ml cartridge	Prefilled pen				
		units	<input type="checkbox"/>	<input type="checkbox"/>				Sign PRINT GMC/PIN no.
		units	<input type="checkbox"/>	<input type="checkbox"/>				Sign PRINT GMC/PIN no.
		units	<input type="checkbox"/>	<input type="checkbox"/>				Sign PRINT GMC/PIN no.
		units	<input type="checkbox"/>	<input type="checkbox"/>				Sign PRINT GMC/PIN no.

<b>Allergies and sensitivities:</b> <span style="float: right;">No known allergies <input type="checkbox"/></span>
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1. Completed PSDs should be emailed to [sirona.psd@nhs.net](mailto:sirona.psd@nhs.net)

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## Insulin Action and Profiles

**RAPID-ACTING ANALOGUE** e.g Humalog\*, NovoRapid, Apidra, Fiasp, Lyumjev, Admelog

**SHORT-ACTING (SOLUBLE)** e.g Humulin S, Actrapid,

**INTERMEDIATE ACTING (ISOPHANE)** e.g. Insulatard, Humulin I,

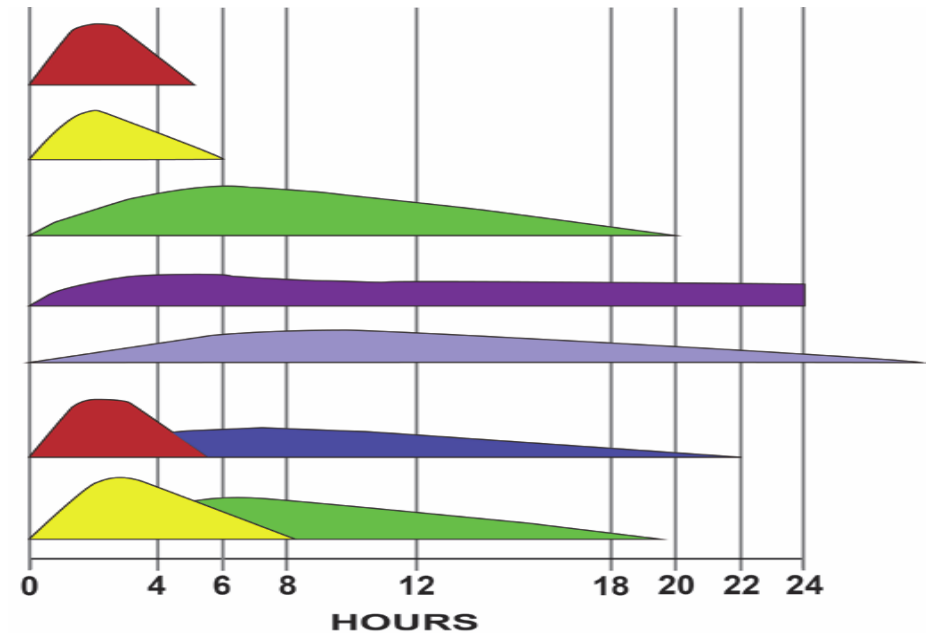
**LONG ACTING ANALOGUE** e.g. Lantus, Semglee, Levemir, Abasaglar, Toujeo\*

**ULTRA LONG ACTING ANALOGUE** e.g. Tresiba\*

**RAPID ACTING ANALOGUE – INTERMEDIATE MIXTURE** e.g. Humalog Mix 25, Humalog Mix 50 or Novomix 30

**SHORT ACTING – INTERMEDIATE MIXTURE** e.g. Humulin M3,

**\*Important:** Tresiba & Humalog are available in strengths of 100 units/ml and 200 units/ml, Toujeo Solostar or Doublestar are only available in 300 units/ml strength.



### Time of subcutaneous insulin injection in relation to food intake

Rapid-Acting Analogue	Immediately before, with or after carbohydrate based meal/food
Short-Acting (Soluble)	Ideally 20 - 30 minutes before carbohydrate meal/food
Intermediate Acting (Isophane)	Give at regular time of day and advise patient to eat regularly
Long Acting Analogue	Once daily at roughly same time each day and advise patient to eat regularly
Ultra Long Acting	Once daily (at a similar time each day where possible or as prescribed).
Rapid Acting Analogue- Intermediate mixture	Immediately before, with or after breakfast or evening meal (additional lunchtime dose may be recommended in some patients)
Short Acting – Intermediate Mixture	20 - 30 minutes before breakfast or evening meal