

## Checklist for insulin

### Insulin pens

- Pens
- Pen Needles
- Alcohol Swabs

### Insulin vials

- Vials
- Insulin Syringes
- Alcohol Swabs

### Glucose Testing

- Glucose Meter
- Lancets
- Lancing Device
- Test Strips
- Alcohol Swabs

## Formulary Brand

- Often only one brand in class is covered. A team member can contact the patient's pharmacy to verify coverage.
- Biosimilars are increasingly covered (Basaglar (insulin glargine) and Ademolog (insulin lispro))

## Testing Minimums

Therapy	Testing Frequency	# of Lancets	# of Test Strips	# of Alcohol Swabs
Insulin	3	100	100	100
Non Insulin	1	50	50	50

## Education for prescribing insulin

### Pens

For most insulins, a new pen must be used every 28 days (14 days for NPH or NPH containing insulins).

Most pens contain 300 units and come in boxes of 5 (meaning 1500 units)

**Once open, the pen does not need to be refrigerated.** All unused pens should be refrigerated, never frozen

### Dispense Quantity

#### Insulin Pens

Short Acting Insulin (Aspart, Lispro, Glulisine / Novolog, Humalog, Admelog, Apidra)

Dose Range		Dose Frequency (/day)	Total Daily Units	# pens needed for 1 month	Dispense (# pens)	Dispense ( mL)	# of Pen Needles	# of ETOH Swabs
0	10	3	30	3	5	15	100	100
10	15	3	45	4.5	5	15	100	100
15	20	3	60	6	5	15	100	100
20	30	3	90	9	10	30	100	100
30	50	3	150	15	15	45	100	100
50	75	3	225	22.5	25	75	100	100
75	100	3	300	30	30	90	100	100

Long Acting Insulin (Glargine, Detemir, Degludec / Lantus, Basaglar, Levemir, Tresiba)

Dose Range		Dose Frequency (/day)	Total Daily Units	# pens needed for 1 month	Dispense (# pens)	Dispense ( mL)	# of Pen Needles	# of ETOH Swabs
0	20	1	20	2	3	9	50	50
20	50	1	50	5	5	15	50	50
50	75	1	75	7.5	10	30	50	50
75	100	1	100	10	10	30	50	50
100	200	1	200	20	20	60	50	50

## Vials

For most insulins, new vial must be used every 28 days (14 days for NPH or NPH containing insulins).

Vials contain 1000 units

**Once open, the vial does not need to be refrigerated.** All unused vials should be refrigerated, never frozen

### Insulin Vials

#### Short Acting Insulin (Aspart, Lispro, Glulisine / Novolog, Humalog, Apidra)

Dose Range		Dose Frequency (/day)	Total Daily Units	# vials needed for 1 month	Dispense (# vials)	Dispense ( mL)	# of Insulin Syringes	# of ETOH Swabs
0	10	3	30	1	1	10	100	100
10	15	3	45	1	1	10	100	100
15	20	3	60	2	2	20	100	100
20	30	3	90	3	3	30	100	100
30	50	3	150	5	5	50	100	100
50	75	3	225	7	7	70	100	100
75	100	3	300	9	9	90	100	100

#### Long Acting Insulin (Glargine, Detemir / Lantus, Basaglar, Levemir)

Dose Range		Dose Frequency (/day)	Total Daily Units	# vials needed for 1 month	Dispense (# vials)	Dispense ( mL)	# of Insulin Syringes	# of ETOH Swabs
0	20	1	20	1	1	10	50	50
20	50	1	50	2	2	20	50	50
50	75	1	75	2	2	20	50	50
75	100	1	100	3	3	30	50	50
100	200	1	200	6	6	60	50	50

### Excess Guidelines

Insulin Pens – Minimum 2 pens. Rx at least 20% extra based on units. Pens come in boxes of 5

Insulin vials – Minimum 1 vial. Rx at least 20% extra based on units.

Insulin Pen needles / syringes / Test strips / Lancets – Round up to closest 50 based on need