

# Insulin pen start checklist

Topic	Instruction Date & Initials	Comments
<b>1. Cognitive Assessment</b>		
<b>2. Insulin Delivery</b>		
• loading		
• appropriate mixing		
• priming shot		
• dialing up dose		
• delivery of insulin		
<b>3. Insulin</b>		
• type/action time		
• frequency/timing		
• injection sites		
• needle length		
• storage/expiry		
<b>4. Return demonstration</b>		
<b>5. Hypoglycemia</b>		
• signs and symptoms		
• causes/prevention		
• treatment		
• diabetes identification		
<b>6. Glucose Checks</b>		
• recommend a monitoring schedule		
<b>7. Sharps Disposal</b>		
<b>8. Snacks</b>		
<b>9. Driving</b>		
<b>10. Instructions for oral medications</b>		
<b>11. Follow-up</b>		
• dose adjustments		
• A1c every 3 months		