




Ordering Diabetes Supplies: Helpful Hints

	<p style="text-align: center;">Insulin Vials (100 units/ml)</p> <ul style="list-style-type: none"> • Most vials are 10 ml, which hold 1000 units (exception: Humalog comes in both 3 ml vial and 10 ml vial sizes) • Vials are good for 30 days once they are opened (Exception: Levemir is 42 days, but patients find it easier to change it monthly) • People must be trained to use vial and syringe • Pens may be more economical for people on small doses of insulin because of the waste 	<p style="text-align: center;">Insulin Syringes</p> <ul style="list-style-type: none"> • Dispensed in boxes of 100 • Some pharmacies will sell them in packages of 10 if someone only needs a few • Should change their syringe for each injection • Order smallest size syringe that will deliver the number of units injected (ie: 3/10 cc syringe holds up to 30 units)
	<p style="text-align: center;">Insulin pens</p> <ul style="list-style-type: none"> • Insulin pens and cartridges come in packages of 5, or 1500 units, or 15 ml • The pharmacy generally will not break up a box so they should be dispensed as boxes of 5 • Regardless of the type they use, once someone starts to use a pen they need to discard it (and therefore factor this into the ordering) <ul style="list-style-type: none"> ○ After 10 days for mixtures (70/30, 75/25) ○ After 14 days for NPH ○ After 30 days for all others • Not all insurance companies cover pens • People must be trained to use a pen 	<p style="text-align: center;">Insulin Pen Needles</p> <ul style="list-style-type: none"> • Dispensed in boxes of 100 • Use new pen needle for each injection • Calculate number needed for 30 day supply • Round up to nearest 100
	<p style="text-align: center;">Test Strips</p> <ul style="list-style-type: none"> • Must order strips to match the meter • Dispensed in vials of 25, 50 or 100 • Calculate what they need for 30 days, plus any additional to test if hypoglycemia or sick • Round up to nearest 25 (ie: tests 4 times per day, plus extra for illness, order 125 or 150 depending on the extra use) 	<p style="text-align: center;">Lancets</p> <ul style="list-style-type: none"> • Dispensed in boxes of 100 • Should use new lancet for each test • Calculate what they need for 30 day supply • Round up to the nearest 100