

Transcript: *Insulin Pen Types*

"So we've got your insulin that you have in the insulin pens. What one do you have at breakfast?"

"I have the protaphane and the actrapid."

"So we can see the protaphane's the milky long acting insulin. How do we get that ready to go first."

"So we open it up like that and then we , so this is a full cartridge. We will dial it up to 1 or 2 and we will press this and a little bit of the insulin comes out."

"Good so we're getting it all ready to go and getting the air out of the end of the needle. So that's our protaphane which is our long acting and how much would you normally have in the morning of that?"

"Normally I'd have like at least 14"

"So can you show us how you dial up to 14 units?"

"You pull that and you dial it up until you see the number 14"

"And would mummy check you?"

"Yes"

"And we check here and we've got 14 units. And then we'd give that. So what do we have together with the protaphane?"

"We have the actrapid"

"So that's in the morning before breakfast"

"Yep"

"And we get it ready the same way"

"You dial it up, press the button and a little bit of the insulin will come out"

"How much actrapid do you have in the morning?"

"Normally we'd have 5 or 6"

"Can we see that? We've got 6 units of actrapid dialed up and then we give that one"

"Yep"

"So at dinner time what insulin are we having?"

"At dinner time we have the protaphane and the novorapid. This is an almost empty cartridge."

"How do you know if it's finished?"

"When it's finished you will see that there's only a tiny little bit left but you can't dial up to half of 1."

“So we can see when it comes past that little line it’s just about finished isn’t it and there’s not much left.

So you’re dialing up and getting the air out first. So you’ve dialed up how much?”

“1”

“Pushed it out – a little bit of insulin’s coming out and then how much novorapid do you have at dinner?”

“Normally we will have 4 or 5”

“4 or 5 – and that’s on how much at the moment?”

“4”

“4. And mummy would check the amount and then how much protaphane would you have at dinner?”

“Protaphane you do the same, dial up 1, press it out then you would dial, we would normally dial it up to 9”

“Good, so we’ve got 9 units of protaphane at dinner time”