

Transcript: *Insulin Pen Types - Lantus*

"This insulin is, starts with?"

"L"

"L and its called lantus. So lantus is a long acting insulin and that works the whole day. When do you have this one?"

"In the morning with those ones"

"In the morning, good girl. So you have the protaphane, and the actrapid, and then you have the lantus. And do you know whether the lantus is long or short acting insulin?"

"Um long?"

"Long, good girl, well done. So it's a long acting insulin even though it looks clear and we can see through it, it's long acting and it lasts the whole day. So when you have it in the morning its working the whole day and overnight 'til the next morning. So that's really clever, it's a long acting insulin and that's why it's called lantus isn't it?"

And this is also a pen that you can use up and then throw away. We don't have to put the cartridge in, it's already in there isn't it. How do we dial it up? Can you show us how it's dialed up? Do you know how that turns around?"

And do you know what number you have in the morning of lantus? How much?"

"Ah, 14"

"14. So if we were turning it round, we're turning it round so that the number is showing next to the little line isn't it so we can see it's 14 there. And who usually does your injections Maybelle?"

"Ah my uncle and my mum"

"Mum and uncle. And we pop it just round here at the top of your bottom don't we, because that's where there's a little bit more fat."

And what do you think about the injection. Does it hurt?"

No? You're used to it because you've had it since when you were a baby? Yep?"