

How to Inject Insulin

Step 1: Wash hands thoroughly before injecting insulin.

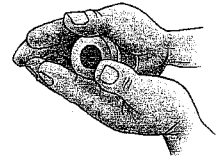
Step 2: Read the label on the insulin bottle carefully to make sure you are using the right bottle of insulin.

Step 3: Look at the liquid in the bottle carefully to see if it is:

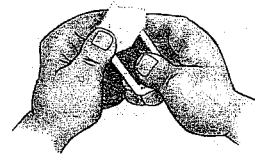
- Clear if it is a rapid-acting, short-acting, or long-acting insulin (such as insulin glargine);
- Uniformly cloudy, without clumps, if it is any other type of insulin (such as NPH).



Step 4: If you are using insulin that is supposed to be cloudy, gently roll the bottle between your hands to make sure that it is well mixed. Do not shake the bottle.

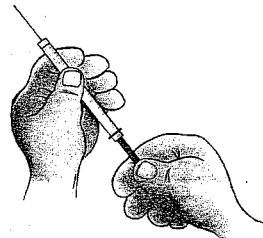


Step 5: Use an alcohol swab to clean the top of the insulin bottle.

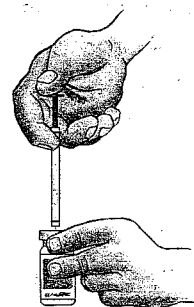


Step 6: Take the protective cap off the needle. Once the protective cap is removed, do not let the needle touch any other surface. (This is to make sure the needle stays clean.)

Step 7: Fill the syringe with the same amount of air as your insulin dose. Do this by pulling the plunger back until it reaches the appropriate mark on the syringe.

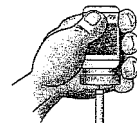


Step 8: Push the needle straight down through the rubber top of the insulin bottle and press down on the plunger to inject the air into the bottle.



How to Inject Insulin (continued)

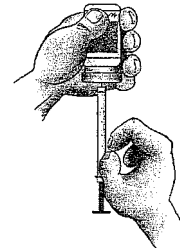
Step 9: With the needle inside the insulin bottle, hold the insulin bottle higher than the needle, making sure that the insulin covers the needle.



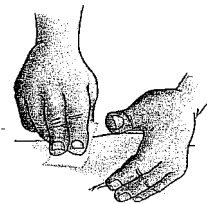
Step 10: Hold the syringe at eye level so you can see the markings on the barrel clearly. Then pull back on the plunger until the insulin in the syringe reaches the correct dose.



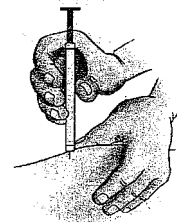
Step 11: Check to see if there are any air bubbles in the syringe. If there are, tap against the barrel of the syringe to move the air bubbles toward the needle. Then gently press on the plunger to inject the air back into the insulin bottle. Check the dose in the syringe to see if you need to pull back on the plunger again to draw more insulin into the syringe.



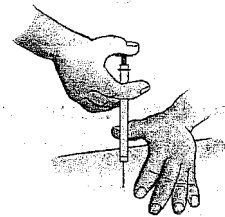
Step 12: Swab an area of skin on your stomach (below your navel), upper arm, upper buttock, or thigh, as directed by your doctor, nurse, or diabetes educator.



Step 13: Pinch a small fold of skin in the cleaned area. Hold the syringe toward the end with the plunger, and insert the needle at a 90-degree angle into the center of this area.



Step 14: Inject the insulin by pressing on the plunger. Leave the needle in place for 5 seconds after the plunger is completely depressed to make sure that all the insulin has been injected.



Step 15: Only use each syringe and needle once. Dispose of used syringes and needles according to the regulations where you live (call your town government office to ask).

