

Drawing Up Insulin and Giving an Insulin Shot

To manage your diabetes you need to take a shot of insulin. Your doctor has ordered the following insulin for you:

Name of insulin: _____ Brand: _____

Dose of insulin: _____

Syringe used: _____

Time your insulin is to be taken: _____

What will I need?

- Insulin
- Insulin syringe
- Alcohol pad

How do I draw up the insulin?

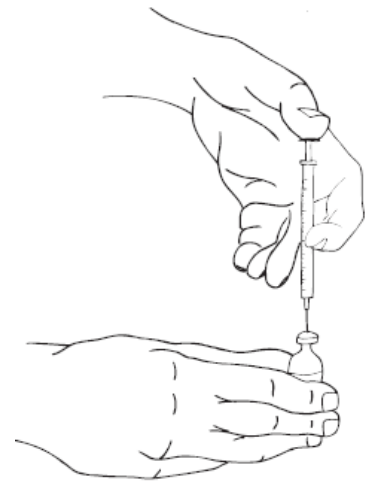
1. Wash your hands with soap and water.
2. Always check the label on the insulin bottle to make sure you are taking the right insulin. NPH, 70/30, or 75/25 insulin should be cloudy. Any other insulin should be clear.
3. Check the expiration date on your insulin bottle. Do not use expired insulin.
4. **Only if you are using cloudy insulin** (NPH, 70/30, or 75/25): Gently roll the bottle of insulin between your hands until it is mixed. Do not shake the insulin bottle as this can cause air bubbles.
5. Take the syringe out of its package or remove the plastic end cap.
6. Take off the needle cap and place it on the table.



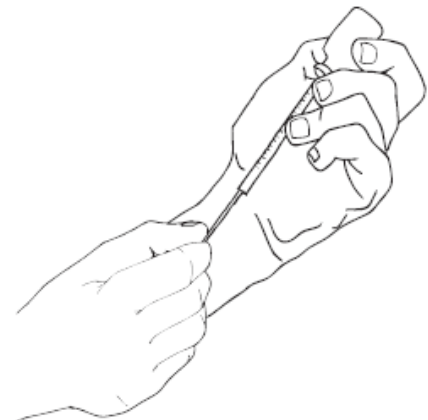
7. Pull the plunger of the syringe down to the number of units of insulin you need (____ units). In doing this you will fill the syringe with air.



8. Carefully put the needle through the rubber stopper of the insulin bottle and push the air into the bottle.

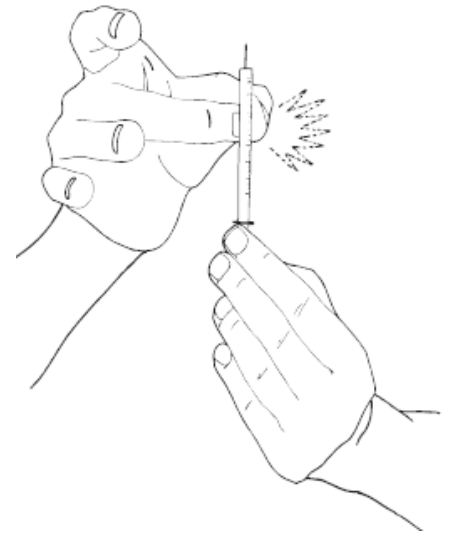


9. Be careful to support the needle in the bottle so it does not bend. Turn the insulin bottle upside down with the syringe still in place. Pull the plunger down to the number of units of insulin you need (_____ units). Take the needle out of the insulin bottle.



10. Check for air bubbles in the syringe.

- If you see air bubbles in the syringe, remove syringe from insulin bottle and tap the syringe firmly with your fingernail or a pen to move the bubbles to the top and center of the syringe.
- Push the plunger up a few units until the air bubbles are gone.
- Put the needle back into the rubber stopper of the insulin vial and pull down on the plunger and fill the syringe with the correct amount of insulin (_____ units).
- Check again for air bubbles. If present, repeat the steps above.
- Air bubbles will not hurt you, but will take the place of insulin. This could cause you to get less insulin than you need because there is no insulin in the air bubble.



11. Take the needle out of the insulin bottle and give yourself the insulin.

How to Give an Insulin Shot

Where on my body am I going to inject?

Fatty areas of your body such as stomach, arm, thigh or buttock. Insulin is absorbed best from the belly/stomach area.

Can I use the same spot every time?

No, make sure to rotate shot sites. Ask your nurse or diabetes educator how to best rotate sites.

What supplies will I need?

~ Insulin Vial or Insulin Pen ~ Syringe or pen needle

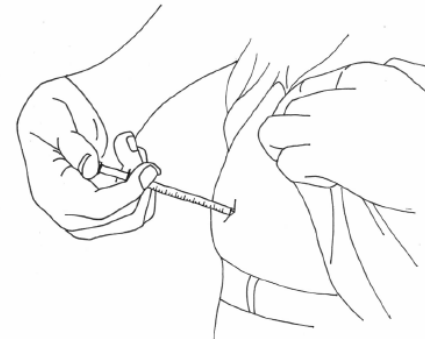
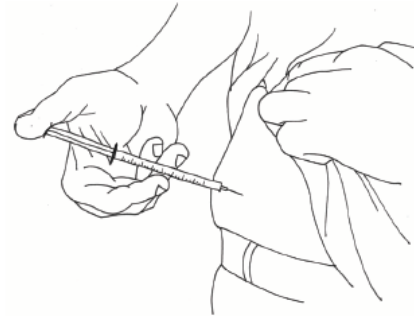
How do I keep things sterile and clean?

Wash your hands with soap and water.



How do I use a syringe?

1. Find a clean dry area of your skin.
2. Take the needle cap off of the syringe and place only the cap on the table.
3. Put the needle straight into the skin (90 degree angle) quickly. Push the needle all the way into the skin.
4. Using your index finger, push the plunger all the way down until all the insulin is in. This usually takes 5 to 10 seconds. (Make sure the needle is in the skin before giving the insulin.)
5. Count to 5.
6. Pull out the needle.



Getting Rid of Needles Safely

The American Diabetes Association information on Insulin Storage and Syringe Safety:

<https://www.diabetes.org/diabetes/medication-management/insulin-other-injectables/insulin-storage-and-syringe-safety>

The CDC Link for Safe Community Needle Disposal:

<http://www.cdc.gov/niosh/topics/bbp/disposal.html>

For Michigan: http://www.michigan.gov/documents/deq/whm-stsw-sharpscollection-list_196524_7.pdf

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