

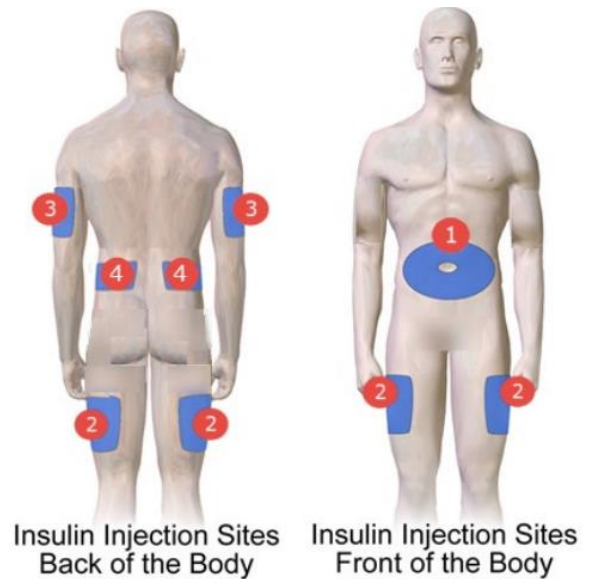
Humalog® Vial (insulin lispro injection) 100 units/mL

Supplies Needed

<p>Humalog Vial</p> 	<p>Syringe with needle</p> 	<p>Sharps Container</p> 	<p>Alcohol Swabs</p> 
---	--	---	--

Where to inject:

- Rotate injections between injection spots #1-4 in the diagram to the right:
 1. **Stomach**, except for the 2-inches around the belly button
 2. Top and outside of **thighs**, except in the bony area close to the knees
 3. Back of the **upper arms** (might work best if someone else is injecting)
 4. Top and outside of the **buttocks**
- Insulin is injected into the layer of fatty tissue under the skin, not into the muscle
- Do **not** inject into the same spot every time
- Do **not** inject into moles or scars



BruceBlaus [CC BY-SA 4.0], from Wikimedia Commons (Modified)

Step 1
Check the Insulin

Prepare to inject

1. Check the label to make sure you are using the right insulin
2. Check the expiration date
 - Do not use expired insulin
 - When opening a new vial, mark the date it was opened; do **not** use a vial that was opened more than 28 days ago
3. Check the insulin
 - Do **not** use insulin that is thick, cloudy, colored/not clear, or if it has any specks or lumps in it



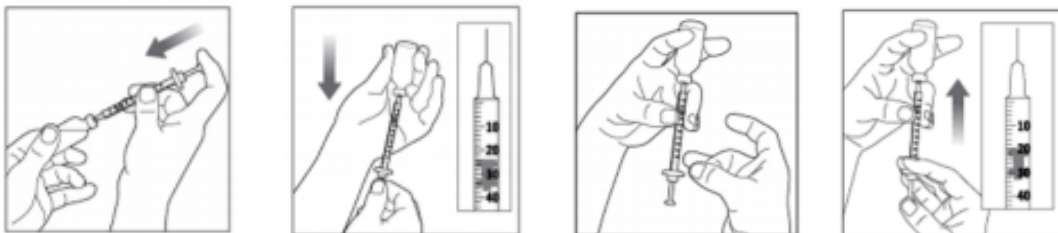
Step 2 Prepare the Vial and Syringe

1. If using a new vial, pull off the plastic protective cap, but do **not** remove the rubber stopper
2. Wipe the rubber stopper with an alcohol swab
3. Hold the syringe with the needle pointing up in the air and pull down on the plunger until the tip of the plunger reaches the line for the number of units prescribed
 - Do **not** share syringes or insulin vials with anyone else
 - Do **not** re-use syringes



Step 3 Prepare the Dose

1. Push the needle straight through the rubber stopper
2. Push the plunger all the way in, injecting the air
3. Turn the vial and syringe upside down
4. Slowly pull down the plunger until the tip is a few units past the line for your prescribed dose
 - If there are air bubbles, tap the syringe gently a few times to let any air bubbles ride to the top
5. Slowly push the plunger up until the tip reaches the line for the prescribed dose
6. Remove the needle from the insulin vial
 - If the needle is bent, do **not** use it; throw it away in the sharps container and start again



Step 4 Inject the Dose

1. Clean the injection site with an alcohol swab and wait for it to dry
2. Put the needle into the skin all the way
3. Push down on the plunger to inject the dose
4. Keep the needle in the skin for **10 seconds** before taking the needle out of the skin
 - Do **not** rub the spot where you injected
 - Do **not** re-cap the needle



Step 5
Discard
the
Needle

1. Place used needles in red sharps container or a hard, plastic container (ex. empty laundry detergent bottle)
 - Store the open or in-use Humalog vial in the refrigerator or at room temperature



Where to store Humalog vials

- Unused vials should be kept in the refrigerator
- Open or in-use vials can be kept either in the refrigerator or at room temperature for a maximum of 28 days
- After 28 days, throw away open Humalog vials in the trash - even if there is leftover insulin
- Do **not** keep Humalog vials where there is direct heat or direct light
- If Humalog is frozen or overheated, throw it away

Top five tips for using your insulin:

1. Use Humalog before meals and snacks, as directed
2. Rotate your injections between the four injection spots listed above
3. Always use a new syringe for each injection and clean the injection site before each dose
4. Slowly count to 10 after injecting the dose
5. If insulin leaks after the injection, do **not** re-dose; be sure to keep the needle in the skin for at least 10 seconds next time

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 09/2019