

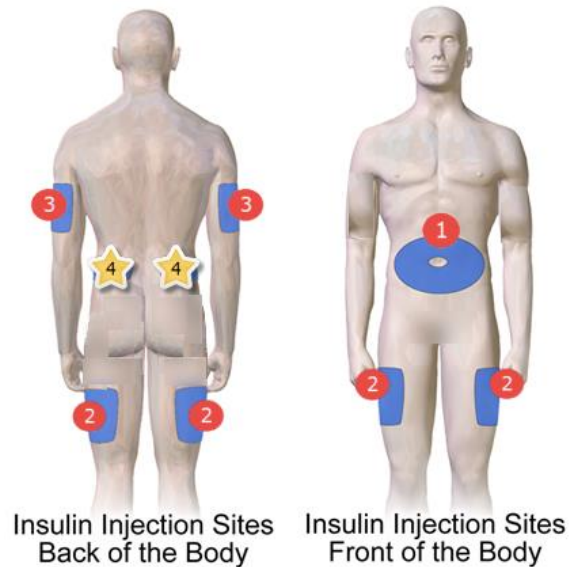
# Levemir® Vial (insulin detemir injection) 100 units/mL

**Supplies Needed**

<p>Levemir Vial</p> 	<p>Syringe with needle</p> 	<p>Sharps Container</p> 	<p>Alcohol Swabs</p> 
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**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. **Buttocks** is preferred in children for the best absorption possible
- 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

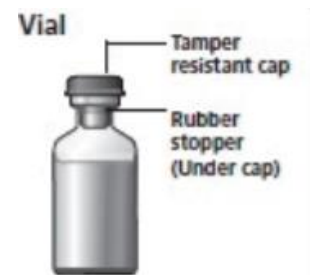


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**Step 1**  
**Check the Insulin**

**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 42 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



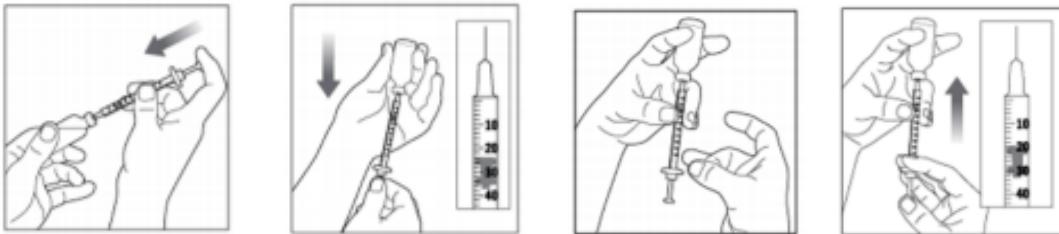
## Step 2 Prepare the Vial and Syringe

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 Levemir vial in the refrigerator or at room temperature



**Where to store Levemir 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 42 days
- After 42 days, throw away open Levemir vials in the trash - even if there is leftover insulin
- Do **not** keep Levemir vials where there is direct heat or direct light
- If Levemir is frozen or overheated, throw it away

**Top five tips for using your insulin:**

1. Use Levemir once a day at the same time every day
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

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