

## How to Inject Insulin: The Basics

1) Gather your **supplies**. You need a syringe, your insulin vial, and an alcohol swab.



2) Without putting your syringe into the vial, draw **air** into your syringe till the top of the plunger reaches your dose. In this example, we are using a dose of 40 units.

Your dose is

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3) **Clean** the top of the vial with an alcohol swab.



4) Put the syringe into the vial and push the plunger to put **air** into the vial.

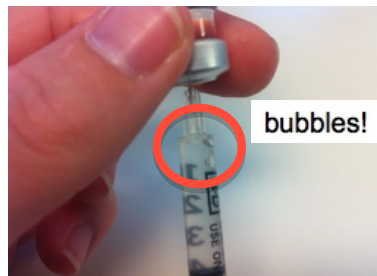


5) Turn the vial **upside down** with the syringe inside.



6) Slowly draw up your **insulin** dose into the syringe.

7) Check for **bubbles**. If there are bubbles, push the insulin back into the vial and then draw it up again. You can try tapping the syringe with your fingernail to loosen the bubbles first.

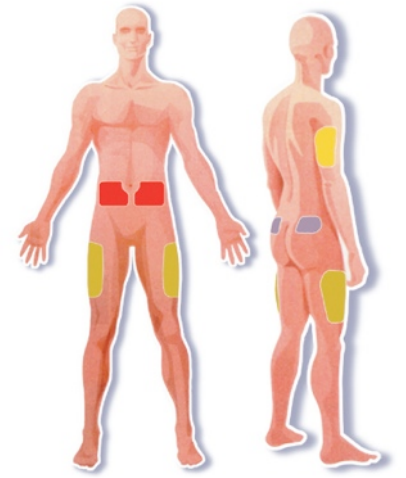
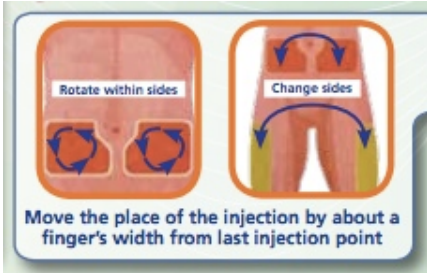


8) Take the syringe **out** of the vial. Cap it and put it down.

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What is a good injection spot? ----->

Choose your belly, thighs, rear end, or the backs of your arms. Different places may cause the insulin to work a little more quickly or slowly, so once you find a body part you like it's best to stick with it. Make sure to rotate within your sites, though! <----- This diagram shows you how.



9) Pick your **injection spot**. Rub it with the alcohol swab and pinch a bit of flesh between your fingers.

10) Slowly **inject** the insulin. Leave the syringe in your skin for a count of 5 after you're done injecting.

11) Remove and safely **discard** the syringe. NEVER re-use a syringe.

Safe ways to discard your used syringes: Put them in a plastic water, soda, or laundry detergent bottle, or a coffee can with duct tape over the opening. Keep it capped when you're not using it. When it's full, tape up the cap so no one opens it, and throw it away.

## Numbers to know:

Insulin dose:

Morning blood sugar goal: between \_\_\_\_\_ and \_\_\_\_\_

Lunchtime blood sugar goal: between \_\_\_\_\_ and \_\_\_\_\_

Nighttime blood sugar goal: between \_\_\_\_\_ and \_\_\_\_\_

Hemoglobin A1c goal: \_\_\_\_\_

Call the office if your blood sugar is above \_\_\_\_\_ or below \_\_\_\_\_.