Injecting Insulin with a Vial and Syringe

Step 1

Prepare the syringe and the vial

- a. Remove the cap of the syringe and vial (A)
- b. Roll vial of insulin gently in palms to mix if insulin appears cloudy
- c. Wipe rubber stopper with an alcohol pad (B)

Step 2

Draw up the insulin

- a. Insert needle into rubber stopper and make sure tip of needle is in insulin (C)
- b. Inject air into syringe equal to insulin dosage unit with the vial standing upright (D)
- c. Hold vial of insulin upside down and draw up correct dosage of insulin (E)

Step 3

Remove any air bubbles

- a. Check syringe for air bubbles
- b. Hold syringe straight up and tap side of syringe to release air bubbles (F)
- c. Carefully, remove syringe from the vial

Step 4

Prepare injection site

- a. Clean injection site with alcohol pad and wait for it to dry
- b. Rotate injection sites with each dose
- c. Pick up and pinch a fold of skin (G)

Step 5

Complete the injection

- a. Inject needle all the way into the skin
- b. Leave needle under the skin for at least 10 seconds for insulin to be delivered before removing the needle
- c. Safely discard syringe into sharps container (H)

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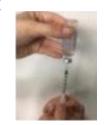








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