

How to Give Insulin Injections

INSULIN SYRINGES:

1. Clean the top of the insulin bottle with an alcohol wipe
2. Remove syringe cap and pull plunger to draw in air to number of units you will inject
3. Inject air into the insulin bottle. Leave syringe inside and flip bottle upside down
4. Pull plunger to draw in the number of units of insulin you will inject
5. If you see any large bubbles, push plunger in until bubbles are purged from syringe and redraw to desired dose
6. Remove syringe from bottle and ensure needle does not touch anything else!
7. Clean site on body and pinch a 1-2 inch area of skin and fat between your thumb and first finger. *Insulin should not be injected



8. Insert the needle into the site at a 90 degree angle. Push the plunger to inject the insulin. Leave in place for 5 seconds before removing the syringe
9. Remove the syringe from the site at the same angle it was inserted
10. Recap needle and dispose of the used needle properly

