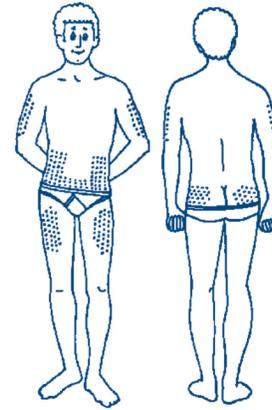


INJECTING INSULIN

Insulin works best when injected into the fat just under the skin, not into the muscle.

Use the picture to see where to inject insulin.

- Each injection should be at least a finger-width away from your last injection.
- Injecting in the same spot causes hard lumps or fatty deposits and affects your body's ability to absorb the insulin.



Insulin needles are thin and have a coating to make them slide into the skin. You can barely feel them.

Do **not** inject insulin:

- Near moles or scars
- In areas that look red, infected or have a rash
- Within 2 inches of the navel—in any direction

Injecting insulin with a syringe

1. Wash and dry your hands.
2. Choose a clean and dry site.
3. Check the bottle to be sure you are using the right insulin.
4. If your insulin is cloudy, mix it by gently rolling the bottle between the palms of your hands 20 times. Do **not** shake insulin.
5. Remove the caps covering the plunger and the needle. Pull the plunger back, filling the empty syringe with air to the amount matching your insulin dose.

Place label here.

INJECTING INSULIN

6. While the insulin bottle is steady on a tabletop, push the needle straight down into the rubber top, and then push down on the plunger.
7. Turn the syringe and bottle upside down, keeping the point of the needle below the level of insulin in the bottle. Slowly pull back on the plunger to fill the syringe to the correct dosage.
8. Check for air bubbles in the syringe. Tap the syringe to move any air bubbles to the top. Carefully push the plunger to expel the air bubbles.
9. Check again that you have the right dose and the right type of insulin.
10. Remove the needle from the top of the insulin bottle and use it immediately.
11. Gently pinch a fold of skin between your thumb and forefinger.
12. Push the needle quickly, straight into the skin. Relax the pinch and push the plunger to inject the insulin. Pull the needle straight out.
13. Cover the injection site with your finger or a cotton ball or gauze. Apply slight pressure for 5-8 seconds, but do not rub the site.
14. Write down how much insulin you injected, the time of day, and site.

Injecting insulin with an insulin pen

1. Wash and dry your hands.
2. Choose a clean and dry site.
3. Turn the dial on your insulin pen to your dose of insulin.
4. Some pens need to be “primed” to get the air out of the syringe. Ask your healthcare provider to show you how to do this.
5. Gently pinch a fold of skin between your thumb and forefinger.
6. Push needle into the skin, and then relax the pinch.
7. Press down on the plunger to inject the insulin.
8. Hold the pen in the skin for a count of 5 seconds.

Practice injections in front of your healthcare provider to help learn this skill.