



STEPS IN INSULIN ADMINISTRATION

1. Wash hands.
2. Mix insulin by either rolling between hands or by turning bottle slowly up and down. Do not shake.
3. Clean rubber stopper with alcohol swab.
4. Pull plunger back to the number of units of insulin you are to take.
5. Holding syringe by the barrel push needle through rubber stopper and push plunger.
6. Leaving needle and syringe in place, turn bottle upside down. The tip of the needle should always be in the insulin.
7. Draw insulin into syringe by quickly pulling plunger past dose then pushing back to correct dose.
8. Before removing syringe from bottle check for air bubbles. If bubbles are present, push plunger all the way into the vial. Then slowly pull the plunger back to the line for your dose of insulin. Repeat this until there are no large air bubbles in the syringe.
9. When you have correct dose of insulin, pull syringe out of bottle by holding onto the barrel. Replace needle cover.

GIVING THE INSULIN

1. Select site and clean skin. Pinch skin up into a mound.
2. While holding barrel insert needle at 90 degree angle (*straight in*). Make sure the needle is all the way in. If you are thin, you may need to inject at a 45 degree angle. Discuss this with your nurse.
3. Push plunger slowly all the way down.
4. Release the pinched skin, count to five slowly and pull the needle straight out by holding the syringe by the barrel.
5. Press alcohol swab over injection site and wipe. (Do not rub area).
6. Properly dispose of syringe: in a coffee can or liquid detergent bottle. Add a solution of one part Clorox and ten parts water. When a can or bottle is full, tape the top close and dispose of it with regular trash.

SITES FOR INSULIN ADMINISTRATION