



STEPS FOR MEASURING & GIVING A MIXED DOSE OF INSULIN

1. Wash hands.
2. Clean tops of bottles with alcohol.
3. Pull plunger back to number of units of intermediate acting (cloudy) insulin you are to take.
4. Inject air into bottle of intermediate acting insulin (cloudy) and withdraw empty syringe. The bottle should be right side up.
5. Pull plunger back to number of units of short acting insulin (clear) and inject air into bottle of short acting insulin. Turn bottle and syringe upside down. Pull back on plunger and withdraw proper dose.
6. Remove any large air bubbles and pull syringe out of the vial.
7. Add together the number of units of short acting and intermediate acting insulin you are to take. This is the total number of units that you should have in the syringe after withdrawing both types.
8. Mix cloudy insulin by rolling the bottle in your hands or turning the bottle over from end to end a few times. Insert syringe into bottle of intermediate (cloudy) insulin and turn the vial and syringe upside down.
9. Slowly pull plunger down to total number of units of insulin needed. Be careful not push any of the short-acting insulin into the longer acting insulin vial. This will give you the proper dose of intermediate acting insulin mixed with the short acting insulin.

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 over 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 top closed and dispose of it with regular trash.