

# How to Measure and Inject Insulin

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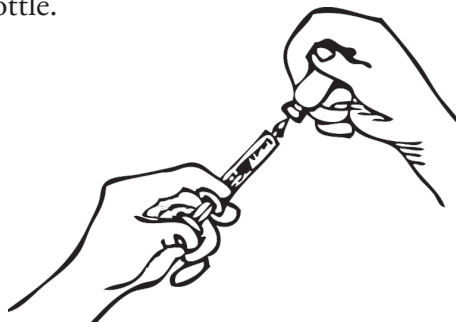
## Measuring insulin

If using NPH, roll the bottle of insulin between your hands until well mixed.

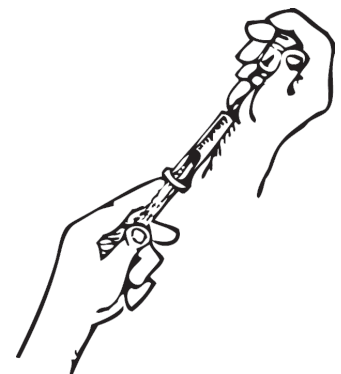
1. Clean your work area. Wash your hands.
2. Clean the top of the bottle with an alcohol pad.
3. Remove the covers from both ends of the syringe.
4. Pull the plunger back to draw air into the syringe. It should be equal to the dose of insulin.
5. Insert the syringe into the top of the bottle. Push the plunger down to inject the air.
6. Turn the bottle and syringe upside down.
7. Slowly pull back on the plunger. Push the insulin back into the bottle to remove air bubbles from the syringe.
8. Draw out the correct dose: \_\_\_\_\_ units of insulin.
9. Remove the syringe from the bottle.



Pull the plunger back.



Insert syringe into top of bottle.  
Push plunger in.



Slowly pull plunger back.

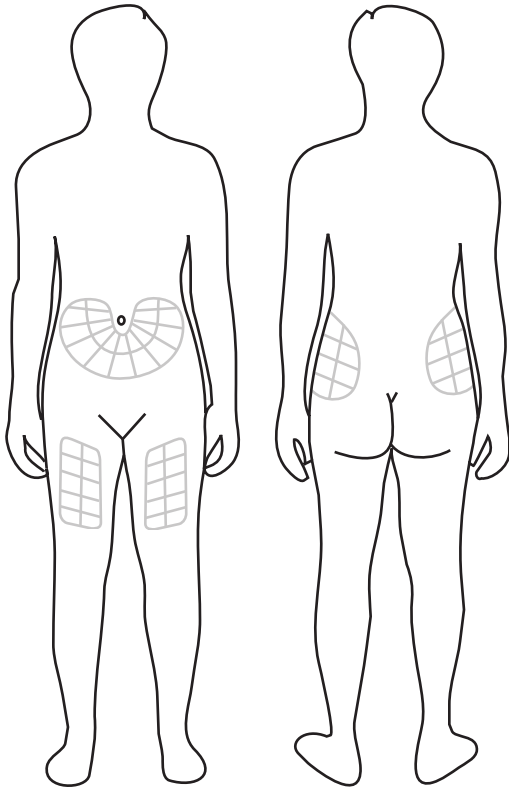
## Injecting insulin

1. Choose the injection site. The skin must be clean.
2. Hold the syringe like a pencil. Insert it at a 90-degree angle (unless your nurse tells you differently).
3. Push the plunger down to inject the medicine.
4. Count to six. Remove the syringe. This will help prevent leaking from the injection site.
5. Place the syringe in a sharps container. Your sharps container should:
  - Seal tightly and stand up straight without tipping over.
  - Hold objects without leaking, breaking, cracking or letting the sharps push through.
  - Be clearly labeled and easy to dispose. (Contact your garbage company for information on disposal.)

*continued*

## Injection site tips

- The abdomen (belly) is the best area to inject insulin.
- Be sure to stay at least two inches away from the navel (belly button). Avoid the waistline.
- Change the site of the injection each time. You may stay in the same area (abdomen), but be sure the next site is at least one finger-width away. This way the tissue will absorb the insulin better.
- If you cannot inject the insulin into the abdomen, other good areas are the hips or thighs (having more fat).



## Insulin storage guidelines

**Store unused or unopened insulin vials in the refrigerator.** These are good until the expiration date on the sealed box. (This is sometimes called the “use by” date or “discard after” date.)

**Store opened vials at room temperature or in the refrigerator.**

Throw away any insulin that has been in the heat for more than a day or two (if you take it camping, for example). Insulin breaks down in the heat, and it may no longer be safe to use.

After you open a vial of insulin, it is good only for a certain number of days:

- Your \_\_\_\_\_  
insulin is good for \_\_\_\_\_ days.
- Your \_\_\_\_\_  
insulin is good for \_\_\_\_\_ days.
- Your \_\_\_\_\_  
insulin is good for \_\_\_\_\_ days.