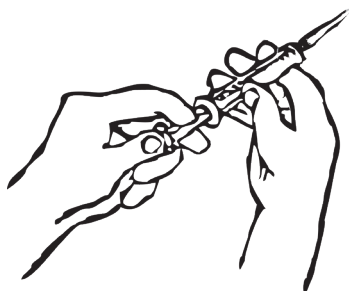


# How to Measure and Inject Insulin

## 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 into the bottle.
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. Clean the skin with an alcohol wipe and let dry.
2. Hold the syringe like a pencil. Insert it at a 90-degree angle (unless your care team tells you differently).
3. Using your pointer finger, 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. You can buy a sharps container at your local pharmacy. If you **don't** have a sharps container, you can use a plastic detergent container with a lid. Your sharps container should:
  - Seal tightly and stand up straight without tipping.
  - Hold objects without leaking, breaking, cracking or letting the sharps push through.
  - Be clearly labeled and easy to dispose. You can find a place to dispose of your sharps container at [safeneedledisposal.org](http://safeneedledisposal.org).

## Injection site tips

- Injection can be given in the belly (abdomen), upper arms or upper legs.
- If injecting into your belly, stay at least 2 inches away from your belly button.
- Change the site of the injection each time. You may stay in the same area (belly), but be sure the next site is at least one finger-width away. This way the tissue will absorb the insulin better.

## Insulin storage guidelines

**Store unused or unopened insulin vials in the fridge (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.**

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.

## Resource

To see a video showing how to inject your insulin, visit [www.fpanetwork.org/diabetes](http://www.fpanetwork.org/diabetes).