

How to Measure and Inject Two Kinds of Insulin

This is only for mixing short-acting insulin (Regular, Novolog, Humalog, Apidra) with NPH insulin.

Your insulin doses:

R/N/H/A: _____ NPH: _____

Total units of insulin: _____

Measuring insulin

1. Before using, roll the bottle of NPH insulin between your hands until well mixed.
2. Clean your work area. Wash your hands.
3. Clean the top of the bottles with an alcohol pad.
4. Remove the covers from both ends of the syringe.
5. Pull the plunger back to draw air into the syringe. It should be equal to the dose of NPH insulin.
6. Insert the syringe into the top of the NPH bottle. Push the plunger down to inject the air. Take the syringe out of the bottle.
7. Pull the plunger to draw air into the syringe again. It should be equal to the R/N/H/A dose (Regular, Novolog, Humalog or Apidra).
8. Insert the syringe into the top of the R/N/H/A bottle. Push the plunger down to inject the air. Keep the plunger pushed in and turn the R/N/H/A bottle and syringe upside down.
9. Slowly pull back on the plunger to draw out the correct dose of R/N/H/A. Push the insulin back into the bottle to remove any air bubbles from the syringe. Make sure you have the right dose before taking out the syringe because you can't change it after this step.
10. Insert the syringe into the top of NPH bottle. (**Do not move the plunger.**)
11. Draw out the amount of NPH you need to make your total units needed (see your doses above).

Do not go beyond total units needed.

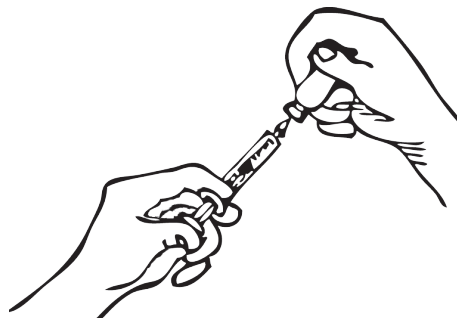
If you draw up more than the units needed, throw away the syringe. Begin with a new syringe.

12. Remove the syringe from the bottle.

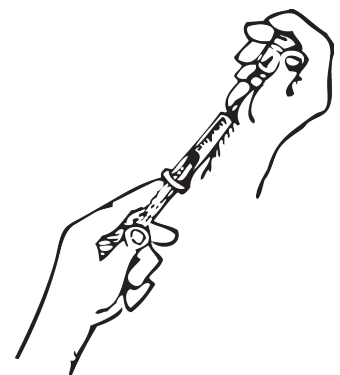
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Pull the plunger back.



**Insert syringe into top of bottle.
Push plunger in.**



Slowly pull plunger back.

Injecting insulin

1. Choose the injection site. Make sure the skin is clean.
2. Hold the syringe like a pencil. Insert it at a 90-degree angle into your skin (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.

What to do with the syringe

Never place needles or syringes in the trash without them being in a sharps container. Use a sharps container that is specially made to safely store injection needles after they are used. You can buy a sharps container at your local pharmacy.

The website safeneedledisposal.org shows places to dispose of your sharps container.

In Minnesota, if you don't have a sharps container, you can put used sharps in a strong, plastic container. Make sure your container:

- Can hold objects without leaking, breaking, cracking or letting the sharps push through.
- Has a lid that seals tightly (You should also secure the lid with tape).
- Is labeled, "Do not recycle: Household Sharps" and placed into the garbage.

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..

