

Ann Arbor Endocrinology & Diabetes Associates provides the following guidelines for general information purposes -- please contact your AAEDA physician directly if you have any questions or concerns with your insulin doses or injection instructions.

Preparing and Injecting the Dose of Insulin

Preparation

1. Wash your hands.



2. Rotate (turn) or **carefully** shake your insulin bottle several times to mix the insulin. After your insulin is mixed, remove the colored protective cap. Do **not** remove the rubber stopper or metal band.



(All insulins except Regular require mixing before use.)

3. Wipe the top of your bottle with an alcohol swab to clean it.



4. Remove the needle cover and pull back the plunger to draw air into your syringe. The amount of air should be equal to your insulin dose.



5. Put the needle through the top of the bottle and inject the air into the bottle. This will make it easier to withdraw your insulin.



6. Turn the bottle and syringe upside down in one hand and slowly draw the proper dose into the syringe with your other hand.



7. Remove any air bubbles that may be in your syringe by slowly injecting the insulin back into your insulin bottle or tapping the syringe with your finger. Then draw

out the amount of insulin you need to get your proper dose. It is important that you get rid of all large air bubbles; otherwise, you will not get the full dose.

8. After you have double-checked your dose, remove the needle from the bottle. Cover the needle with the needle guard or lay the syringe down so that the needle does not touch anything.



Injection

1. Clean the injection site with an alcohol swab.



2. Pinch up a large area of skin and insert the needle into the skin at a 90° angle. Be sure that the needle is all the way in.



3. Quickly push the plunger all the way down.



4. Hold an alcohol swab near the needle tip and pull the needle straight out of your skin.



5. Use a disposable syringe only once to ensure sterility, sharpness of the needle, and accuracy of dose. Dispose of the syringe and needle as directed.